SANDOW'S MAGAZINE
"LA MILO"
2D.

GAMAGE'S.

EVERYTHING FOR CRICKET.

Complete Outfitting a Speciality.

THE LARGEST EXHIBITION OF BATS IN LONDON.

Over a thousand to select from!
Buy now and take your choice!!!

A New Speciality: Gamage's "Australian." - Choice blade, patent leather and pneumatic rubber grip treble spring handle, giving enormous driving power, *21/-* post free.

The Famous "Gamage" — A Bat with a reputation. Great driving power, selected light willow. Every Bat warranted. *18/6* each. Youths' size, *15/6*.

The "A.W.G." — A beautiful Bat, skilfully modelled. Combination rubber and cane handle, *10/6*.

The "Yorkshire Driver." — Patent spring handle, warranted *14/6*.

The "Club."—All cane handle, *8/11*.

FOR SHIRTS, FLANNEL TROUSERS, etc., see list.

CRICKET BALLS.

Gamage's "Referee." — Warranted 3-seam leather, *4/6*. Youths' match size, *4/-* each.

Gamage's Celebrated "Australian."— Silk and gut sewn, warranted *5/-*, postage, 2d.

The "Club," 3/6. Youths', *3/1*.
3-Seam Leather Practice Balls, *2/-*
Composition Ball, *10d.* Practice, *6d.*
Boys', *4d.* M.C.C. Regulation, *1/9*.

LEG GUARDS.
White Buck, with continuous straps *5/11*
Youths' size *5/6*
Men's White Drill Guards *3/6*
Youths' *3/3*

WICKETS.
Polished ash, superior brass tops, steel shoes, *4/11*. Youths' size, *4/6*.
Large Range at all prices, from *10½d.* upwards.

THE SPORTSMAN'S GUIDE, OUR CATALOGUE, SENT POST FREE.

THE 1906 "GAMAGE"

THE CYCLE OF THE SEASON!!!

Our New List of 'Gamage' Cycles explains everything. Post Free to any address.

Built for the Rider who has ideas about a Good Machine.

A Model containing all the latest improvements yet placed before the Public at a price which will be appreciated by all.

Fitted with Dunlop Tyres, Hyde Free Wheel and the new Roller Rim Brakes (the most perfect Brakes invented). Delicate Action. Great stopping power. Finish, Best Black Enamel, gold lines, all Bright Parts heavily Plated on Copper.

£7 15s. or 12 Monthly Payments of *13/7*.

Fitted with Fagan Two-Speed Hub, the new Roller Rim Brakes, Dunlop Tyres, gold lined and plated rims.

£9 10s. or 12 monthly payments of *16/7*.

With three-Speed Gear,

£10 10s. cash, or 12 Monthly payments of *18/6*.

A. W. GAMAGE, Ltd., Holborn, London, E.C.

Digitized by Google

30 times more nutritious than milk

PLASMON

THE MAINSTAY OF LIFE.

"Added to all Foods raises the nutritive value enormously."—*Lancet.*

SHILLING ATHLETIC SERIES . .

Bound in Cloth, fully Illustrated.

ANGLING In Rivers, Lakes and Sea. By W. M. Gallichan.

These hints have been written for the young fisherman and novice, but the experienced angler will find many little wrinkles in its pages.

CRICKET By C. B. Fry, Ranjitsinhji, Jessop, Townsend and Brann. Edited by Gilbert L. Jessop.

The names of the various experts, whose views are embodied in this work, is sufficient guarantee as to its usefulness.

ROWING By W. G. East (His Majesty's Bargemaster).

All the instruction and advice offered in these pages is the outcome of long practical experience and success.

SWIMMING By Montague Holbein.

After a perusal of this book, and armed with the necessary confidence, it will only be a matter of hours for anyone to be at home in the water.

WALKING By C. Lang Neil, with contributions by W. J. Sturgess and W. Griffin.

A most useful hand-book for pedestrians.

All the above works, Price 1/2½ post free, can be obtained from **SANDOW'S MAG. Co.,**
131 Temple Chambers, Temple Av., London, E.C.

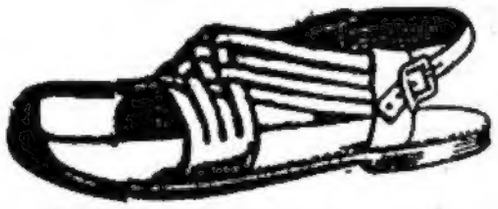
BOON TO WEAK MEN.

Nervous and Physical Weaknesses, Genito, Urinary Troubles, Lack of Vigour, Varicocele, and all the allied troubles. Send for Treatise, with full particulars, including Hundreds of Testimonials of complete Cures. No Electricity.
"Consultation Free.
Sent sealed 2 stamps.—J. A. MURRAY,
7, Southampton-row, Holborn, London, W.C.

THE HUMAN FOOT

should NOT be bound up in Boots more than possible. Many of our readers who could not wear **SANDALS** whilst pursuing their daily occupation would derive great benefit from their use in leisure hours. We have selected a few patterns, made in best Brown Calf Leather, which should fulfil all requirements.

The CASHMERE.

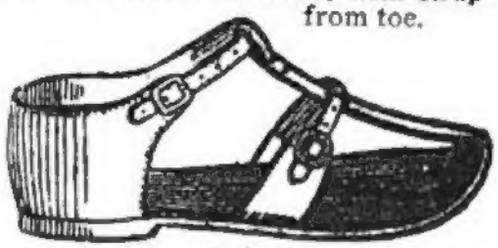


Ladies', sizes 3 to 7 8/- per pair.
Men's, sizes 5 to 10, 9/- per pair.

The STARNTHWAITE.

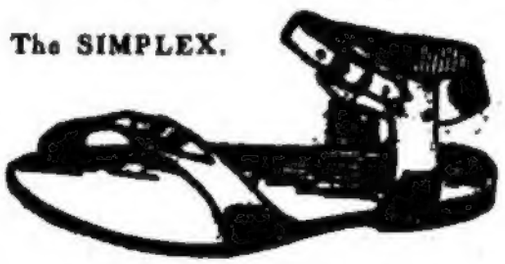
Ladies', 7/- per pair. Men's, 8/- per pair.

The STARNTHWAITE, with strap from toe.



Ladies', 7/6 per pair. Men's, 8/6 per pair.

The SIMPLEX.



Ladies', 7/- per pair. Men's, 8/- per pair.

In ordering it is best to send outline of boot worn to ensure a good fit. Apply:

SANDOW'S MAGAZINE,
131 Temple Chambers, E.C.

Digitized by Google

Wicksteed & Palmer,

SPECIALISTS in——

MUSCULAR PHOTOGRAPHY.

Great difficulty is experienced by many amateurs in obtaining good photos of their development.

Messrs. Wicksteed & Palmer having for the last seven years made a special study of **Athletic Portraiture** can guarantee every satisfaction.

Apply for Terms to—

WICKSTEED & PALMER,

——109, Cheapside, E.C.

Or at their North London Branch:

169, HAMPSTEAD ROAD, N.W.

AMBIDEXTERITY

By JOHN JACKSON, F.E.I.S.

Hon. Sec. Ambidextral Culture Society.

This book is brimful of interesting facts on this most interesting and recondite subject. Apart from the mass of solid fact and figures, some interesting incidents are given of famous men who possess ambidextral power.

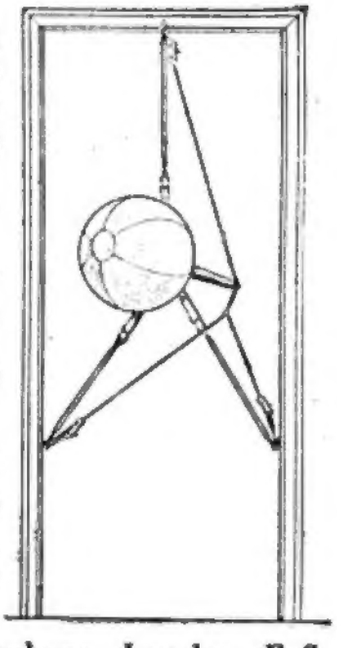
Many of the advantages of the dual cultivation of the hands are at once so obvious as to scarcely need mention, as, for instance, the advantage possessed by the ambidextrous in case of an accident to either hand or arm. But there are others of a pyschological and a physiological character that make the cultivation of two-handedness a matter of vital importance in the determining and fashioning of the youthful mind.

PRICE 6/4 Post Free.

Apply SANDOW'S MAGAZINE,
131 Temple Chambers, Temple Avenue,
E.C.

THE LATEST IMPROVED

"UPPER-CUT" PUNCHING BALL



Affords a greater variety of movements than are possible with any other form of punching ball. The invaluable "upper cut"—the "hit" most useful in an affray with "hooligans" or "roughs"—can be practised perfectly with this Ball.

The "Upper Cut" Ball is very fast, and 5 minutes' work with it is equal to 10 minutes with any other.

Punching the ball with the "Upper-Cut" will quickly develop strength, wind, endurance, and quickness of eye, brain and hand.

Can be quickly fixed up in any doorway, and as quickly detached.

We have a sample lot of only three dozen on hand. In America the price is £2, but to get the "Upper-Cut" known in this country, this first lot will be sold under factory cost price, namely at **FIFTEEN SHILLINGS.** Order at once if you wish to secure one. Splendid for Schools of Physical Culture or Readers' Physical Culture "Dens."

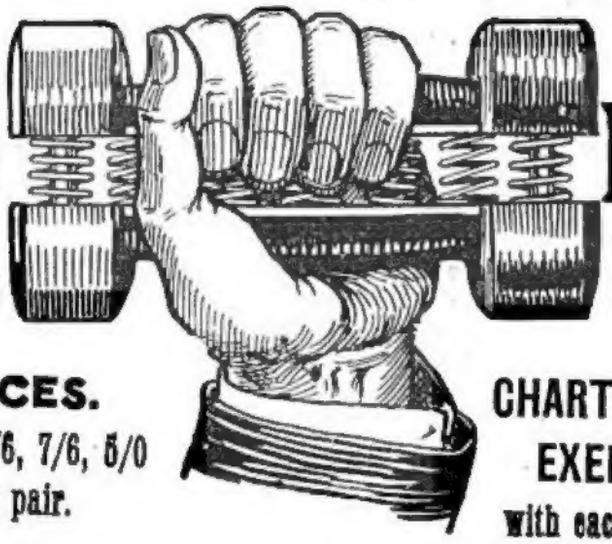
SANDOW'S MAGAZINE (*Appliances Department*), **131 Temple Chambers, London, E.C.**

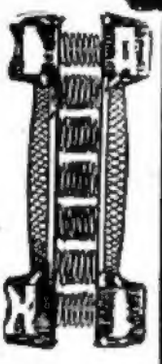
Digitized by Google

SANDOW'S SPRING GRIP DUMB BELLS

FOR MEN & BOYS.

FOR LADIES & GIRLS.





PRICES.

12/6, 10/6, 7/6, 5/0 per pair.

CHART OF EXERCISES with each pair.

THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One Pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-Bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-Bell.**

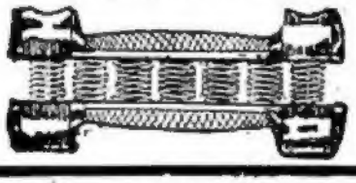
Yours faithfully,

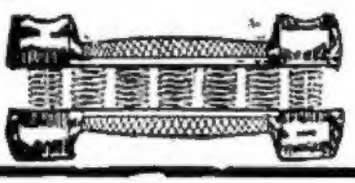
EUGEN SANDOW

The Dumb-bells can be had from Athletic Outfitters, Sporting Goods Dealers and Our Agents throughout the World, as well as direct from The

Sandow's Grip Dumb-bell Co.,

SANDOW HALL, SAVOY STREET, LONDON, W.C.





STRENGTH and How to OBTAIN IT.

By EUGEN SANDOW.

With Anatomical Chart, showing the Exercises for Physical Development of

MEN, WOMEN AND CHILDREN.

3rd Revised Edition. *FULLY ILLUSTRATED.*

The work embraces the renowned athletes' simple method of Physical Culture for

The Home, the Gymnasium and the Training School.

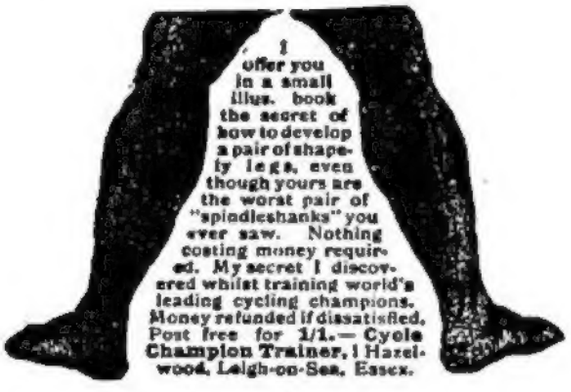
PRICE **2/9** POST FREE.

BODY BUILDING; Or, Man in the Making.

The above author's latest work, containing in addition to full instructions for Healthy Exercises a number of beautiful poses of the author printed on Art Paper; these in themselves are worth the cost of book.

PRICE **1/2½** POST FREE.

Apply SANDOW'S MAGAZINE (Book Dept.), 131, Temple Chambers, London, E.C.


I offer you in a small illus. book the secret of how to develop a pair of shapely legs, even though yours are the worst pair of "spindleshanks" you ever saw. Nothing costing money required. My secret I discovered whilst training world's leading cycling champions. Money refunded if dissatisfied. Post free for 1/1.— Cycle Champion Trainer, 1 Hazelwood, Leigh-on-Sea, Essex.

VARICOSE VEINS.

Partial Contents:—Causes, Symptoms and Nature. Diagnosis of Varicocele. What to do, and what not to do. Suspensory Bandages—Quacks, the So-called Radical Cure by Operation. A Humane and Rational Treatment. The Palliative Treatment—Diagrams. Stimulating and Hot Abdominal Bandages, etc. *Post Free* 2/6.

Apply Sandow's Mag., 131, Temple Chambers, London, E.C.

SIX BEAUTIFUL POSES OF

EUGEN SANDOW

Reproduced on Art Paper.

SUITABLE FOR FRAMING.

Only a limited number of these have been struck off, no further ones will be printed when present stock is exhausted.

PRICE ONE SHILLING post free.

Apply SANDOW'S MAGAZINE, 131 Temple Chambers, London, E.C.

Digitized by Google

Contents.

NOTES FROM MY NOTE-BOOK. By THE EDITOR 673
SOLDIERS AND GYMNASTS TOO 675
HOLIDAY SCHOOLS 679
FOOD THAT FIGHTS GREY HAIR AND WRINKLES 681
THE DANGERS OF A HURRIED BREAKFAST 683
ENGLISH GIRLS ARE BAD WALKERS 685
BE OLD WHEN YOUNG AND YOU WILL BE YOUNG WHEN OLD 686
MILK, BEER AND WATER 687
THINGS REMEMBERED. By J. ST. A. JEWELL 689
READERS' CLUB 693
IN THE ARENA OF SPORT 696
ARTICLETTES 697
AN AGE THAT CRAVES A STIMULANT 698
SPEEDOMANIA 700
ALL ROOSEVELTS GOOD ATHLETES 701
QUESTIONS AND ANSWERS AND HINTS FROM SANDOW 702
HOW NOT TO CATCH COLD 703

DELICIOUS COFFEE.
RED WHITE & BLUE
For Breakfast & after Dinner.

Digitized by Google

Cameras! Cameras! Cameras!

Having entered into an agreement with one of the LARGEST MANUFACTURERS OF CAMERAS IN THE WORLD there is now a—

RARE OPPORTUNITY

For Amateurs to purchase high-class machines at

EXCEPTIONALLY LOW PRICES.

THE ATHLETE.

This machine takes 12 plates or 24 Films 3¼ by 4¼.
Packed in box with book of instructions.

PRICE - - - 25/- post free.

Specification.

BODY—Mahogany, front interior polished

FRONT DOOR opens for adjusting shutter or cleaning lens.

LENS is of large diameter, single achromatic meniscus, best quality.

SHUTTER—New patent design, mounted on aluminium plate, having very large aperture and fine adjustment to speeds, gives both long time, bulb and instantaneous exposures.

SPEEDS are marked approximately 1-100, 1-50, 1-25, 1-10, ½ and 1 second.

DIAPHRAGMS are *f*/8, *f*/11, *f*/16, *f*/22, and *f*/32, adjustable iris movement.

MAGNIFIERS for objects at 4, 8 and 12 feet.

FINDERS are the finest brilliant pattern.

SHEATHS are very easily loaded with plates or films.

CHANGING MOVEMENT—New infallible pattern, SHEATHS INSERTED IN ANY ORDER.

AUXILIARY DOOR—Patented, in Aluminium, fitted in the back, to prevent unexposed plates falling out when back of camera is opened.

RECORDER gives number of plates exposed up to 24.

COVERING is handsome Morocco-grained leatherette.

SCREW is supplied for fixing to tripod.

PRICE 12s. 6d. POST FREE.

THE TEMPLE. Fitted with Patent Auxiliary back door, and magnifies, takes six plates or twelve films, 3¼ by 4¼, covered in handsome Morocco-grained leatherette. Best quality Achromatic-view lens. Magnifies revolving objects at 4, 8, and 12 feet. Time and instantaneous shutter. Recorder showing number of prints exposed.

The above goods are carefully tested before despatched, and for value cannot be beaten at the price.

Apply Sandow's Magazine (Appliances Department) 131 Temple Chambers, London, E.C.

Digitized by Google

(Est. 1898). VOL. XVI.
No. 22.

MAY 31, 1906.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

NOTICES.

ADDRESS.—131, Temple Chambers, Temple Avenue, London, E.C.
Telephone: 3436 Central.
NOTICE.—Business Letters should be addressed to the Manager, Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."
PUBLISHING DAY.—Every Thursday.
SUBSCRIPTION.—Annual Subscription, 10s. 6d.; Half-year, 5s. 6d.; Quarter, 3s.
EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution must bear note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

The English press periodically fluctuates between adulation and abuse, but the so-called "yellow press" of America is persistently pelted with verbal mud and stones for its—well, let us say, eccentricities. But, notwithstanding the charge of sensationalism so frequently levelled at the head of the big New York, Chicago, Boston and Philadelphia dailies, our own press, I think, errs even more seriously on the other side. News items of the utmost gravity, social abuses of the most regrettable character, sins committed in high places, serious national danger signals, are frequently treated with culpable editorial injustice.

o——o

A matter that in an American newspaper would be heralded forth with inch-depth type headings, columns of elaborate statistics, and startling illustrations by the dozen is here often sandwiched away in some obscure corner of the paper, and treated with less editorial respect than the last magisterial witticism on the lurid feats of some drunken wife-beater. I came across some statistics the other day of a really startling character ignominiously stored away in an uninteresting portion of a daily paper with a far-reaching circulation, and not even considered worthy of just a few lines of editorial comment. Yet they pointed out in a self-revealing fashion, without any alarmist typographical display, the terribly rapid manner in which insanity is increasing in this country, and they would have been made the text of hundreds of special articles in the American press immediately on their publication.

o——o

Now, this is a phase of national degeneration that we cannot afford to treat in any flippant or indifferent fashion. It is the result largely of national neurosis, and is due not to any mysterious sociological or psychical reasons, but to a remediable and even preventable number of physical

Digitized by Google

and physiological causes. It is not sufficient to merely go on increasing the number of lunatic asylums or adding wings to those already in existence. According to official statistics, the number of lunatics for which the London County Council was responsible in 1900 was some 600, while in 1902 the number had increased to 824. And, says a report just drawn up by the Asylums' Committee of the L.C.C., "we think that we shall not be unreasonable in expecting and providing for an increase of at least 550 a year."

o——o

That is to say in London alone 550 people more will go mad every year, and according to the estimates of the Committee the number of lunatics for whom the Council will be responsible in 1911 will be no fewer than 21,348. And what is this increase to be attributed to? Overcrowding, lack of early physical training, alcohol, want of fitness for the strenuous struggle of modern life, evil habits largely begot of ignorance and a false sense of modesty—these and other causes to be prevented or ameliorated, or remedied, are the great tributaries that go to swell this ever-broadening stream of insanity.

o——o

The young mind inclined to waver from the path of reason must be taken in hand almost at its source. The children of epileptics and the insane should be placed under medical, municipal or governmental supervision from infancy. All children should at least during their school-days be subject to regular and responsible medical supervision, and a course of physical training for the young made compulsory. Everything contributing to the main stream of lunacy should be subjected to the control of public bodies or the Government itself. Overcrowding should be abolished, and jerry-building made a punishable offence. Our prison methods should be made more reformative and less purely punitive.

o——o

The habitual inebriate should be dealt with in establishments combining the methods of the hospital with those of a prison. Maurice de Fleury, the great French scientist, believes that the magistrates and judges of the future will be men of great physiological knowledge and deep psychical students rather than mere legal instruments. There must, in fact, be a great general crusade against the *causes* of insanity, a strenuous national movement towards physical and mental regeneration, or mere degeneracy will slowly give way to an even graver state.

o——o

Even as it is, modern methods of dealing with many cases of insanity from the psycho-physiological standpoint, are seeing the restoration of reason to many who, under the old and vile method of brutal repression, would have remained insane all their lives, and this in itself is much for which to be thankful. But the safest and best plan is to prevent so far as is humanly possible, the conditions that by experience we know to be likely to lead to any brain or nerve lesion.

Care of the Feet.

People who suffer from tired feet may note that a good deal of their discomfort is caused by the fact that they wear stockings that do not fit. Indeed, the fit of stockings is almost as important as that of shoes, and in order that they may fit, it is necessary that they shall have a right and left to the pair. They should have as few seams as possible, as these cause corns. The feet should be bathed at night, and this treatment is an excellent sleep producer. The water should be salted. The feet should be scrubbed all over with a nail brush which will often prevent the formation of corns; whilst hard spots on the soles may be reduced with a piece of fine emery paper or fine file before the feet are placed in water.—Ex.

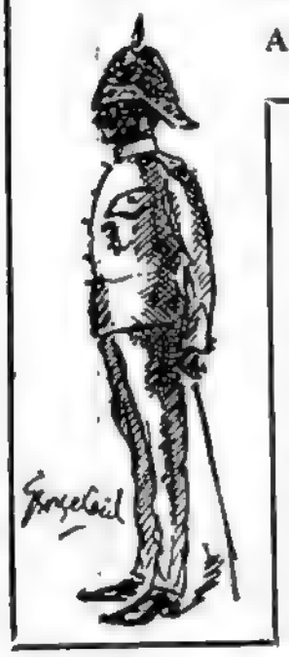
Have plenty of fresh air in your living and sleeping rooms. Leave your bedroom window open from the top several inches every night, no matter how cold the weather; have your bedcovering warm and light.

On getting up in the morning arrange your bedding and bed so that they may be thoroughly aired; leave the window open in your bedroom the greater part of the day. In your living room ventilation is also necessary, and sunshine, too.

Digitized by Google

SOLDIERS AND GYMNASTS TOO

At the Royal Naval and Military Tournament. By F.P.



THE twenty-seventh annual Royal Naval and Military Tournament, which has just been held at Olympia, is good, but by no means wonderful. As a spectacular entertainment it is distinctly worth seeing, but, regarded from a physical standpoint, it must be described as mediæval.

We do not mean to say that it is at all second-rate, but the organisers this year seem to have sacrificed many of those events which are of interest to exponents of physical culture, and give us instead gorgeous shows such as "Tilting in Tudor Times." Of course, we are speaking rather early, and it is impossible to say how the entertainment will eventually turn out, but judging from the private view, which was given on Wednesday, the committee have relegated physical exercises to second place.

FIELD GUN DRILL.

The average "man in the street" knows but little of the work of the Royal Navy, and considerable interest is therefore attached to the Naval display given by the seamen from H.M.S. Excellent. The display is designed to show the way in which our "handy-men" negotiate obstacles that they may meet, whilst on the march, with gun carriages and full limber. First they cross a bridge three feet wide, and then go over a wall eight feet high, and finally, after crossing another bridge—this one only eighteen inches in width—they get the whole of their guns, carriages, etc., over a wall four feet high. The performance is interesting and smartly carried out.

A REALLY FINE TABLEAUX BY ARMY GYMNASTIC INSTRUCTOR

LANCERS GOING THROUGH A MUSICAL DRILL. ONE OF THE PRETTIEST DISPLAYS GIVEN.

ARMY SERVICE CORPS.

The competition in which a number of men from the Army Service Corps take part is also interesting, but there is not a great deal in it. The men enter the arena, and then take the whole of the waggons to pieces in a very short space of time, and then they put them together again and retire. Personally, we thought but little of the performance; it was certainly done in what might be described as "double quick time," but when one remembers that it is their business to do this kind of work, it is only natural that it should be.

SPECTACULAR EVENTS.

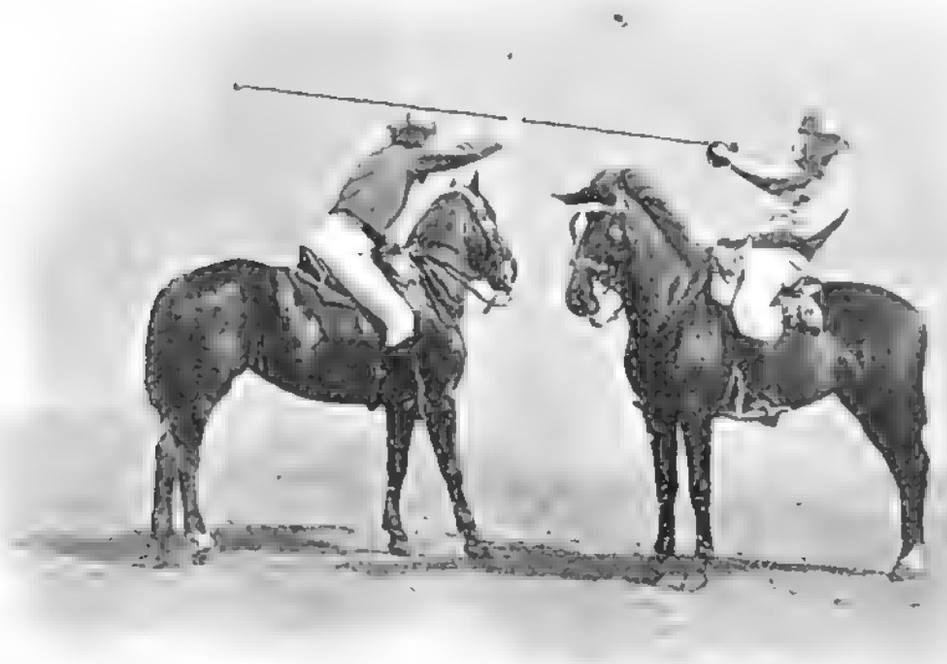
The other events on the programme consist of a Musical Drive by "T" Battery of the Royal Horse Artillery. "Crossing the Line" by members of the Royal Navy (this is a representation of Father Neptune's Court on board a man-o'-war); a riding display by the 14th Hussars, and a gorgeous spectacle called "Tilting in Tudor Times." We have no space left to describe them in detail, even if they would be of interest to our readers, which we doubt. We need only state that they evidently pleased a large portion of the public who were present on Wednesday afternoon.

KING OR SLAVE.—A man is king or slave every moment of his life. He is either conquering or being conquered—victor or vanquished. Either man or the brute is always on the throne. When the man steps down the beast steps up.—*Success.*

The Countess of Warwick has published through Messrs. Cassell and Co., Ltd., a book under the title of "A Nation's Youth; Physical Deterioration: its Causes and some Remedies." There is an introduction by Sir John E. Gorst. The price is one shilling.

Plain, nourishing food and abundance of good, ripe fruit are beneficial. Fruit is best eaten in the morning. Bananas are easy of digestion to some, and very nutritious; grapes are nourishing and fattening; apples are especially good for brain workers, and oranges are of great benefit to people afflicted with rheumatism.

SWORD *versus* BAYONET.



A SHARP ENGAGEMENT ON HORSEBACK WANTING SKILL.

Trades to Cure Disease.

There are occupations which cause disease and occupations that may be prescribed as cures for certain diseases.

In selecting an occupation for life it is as important to consider its effect on any physical disorder as to count on its wages. As an example, take hay fever. This complaint is considered a rich man's disease, associated with frequent ocean trips. The occupations which a hay-fever patient will find most healthful are those which tend to keep his body at a low temperature. The iceman or helper in an ice-house or refrigerating or cold-storage plant is practically immune from hay-fever. A New York artist, suffering from hay-fever, recently shut himself up in a cold-storage room for hours at a time to find relief. The smell of salt water also tends to cure hay fever. A sufferer who would live the life of a sailor or lighthouse-keeper would be pretty certain of being cured.

Sufferers from dyspepsia may find relief in almost any simple occupation in which they perform a lot of downright hard work in the open air.

The experience of John D. Rockefeller, who spends several months every year in hard farm work to relieve his dyspepsia, is already famous.

It is not generally known that the work of grooms, and in fact anything which keeps one about horses, is excellent for consumptives or those suffering from weak lungs. The odour of horses is excellent for these complaints. A prominent New York clergyman spends hours regularly in the stable of one of his church members, where he sits near the horses reading. Farming is also excellent as an occupation for consumptives.

Flammarion has said: "A human being dies every second upon the whole surface of this terrestrial globe; 86,400 die every day; 31,000,000 every year, or more than 3,000,000,000 a century. In 10,000 years 200,000,000,000 of human bodies, at the lowest calculation, have been formed by means of respiration and alimentation from the earth and atmosphere, and have returned to them again in the form of water, gases, vapour, etc. The molecules of oxygen, of hydrogen, of carbonic acid gas, of azote which constituted these bodies, have enriched the earth and again entered into atmospheric circulation."

To take life as God gives it, not as we want it, and then make the best of it, is the hard lesson that life puts before the human soul to learn.

Never neglect your daily exercise. A brisk walk for a couple of miles in the fresh morning air, or a four or five miles bicycle ride, is one of the first essentials.

Personal cleanliness is the next essential in keeping young. A daily bath and a good rub will clear the complexion faster than medicine.

HOLIDAY SCHOOLS.

What Mrs. Humphry Ward has done for the Children of London.

THE little children of the Metropolis owe Mrs. Humphry Ward a debt, as great, though different in kind, as that which she has laid on the whole of the thoughtful reading public. With quick intuition to grasp a need and divine its remedy, and the organising power without which even genius can effect little, she has led the way in three distinct undertakings, all of which aim at breaking down the barriers of privilege, and drawing into the warmth and sunshine those unfortunates whom poverty or unkind fate had doomed to stay out in the cold.

Every night in the week some seven or eight hundred children come to the Passmore Edwards Settlement in Tavistock Place, where they learn to dance, sing, drill, play games, cook, and draw, and do many other delightful things. Every morning ninety cripple or invalid children are brought to the same place, and, under the superintendence of a trained nurse, and helped by all the requisite physical appliances, learn lessons just like other children, and are enabled, as far as is consistent with their infirmities, to grow up into normal men and women. Every summer, during the holiday month, nearly a thousand children attend daily at a Vacation School, where, away from dusty streets and overcrowded homes, they enjoy delights second only to those that fall to the lucky minority sent off for a holiday in the country. Yet even this does not sum up the whole of the children's debt. Though public Cripple Schools and Play Centres all originated at the Passmore Edwards Settlement, they have spread far beyond its walls and out into the great world beyond. The Cripple Schools are now general in London and other large towns, Vacation Schools are gradually making way over the country, and Play Centres exist at seven other places besides the pioneer one at Bloomsbury, and it is the ardent desire of their foundress to see them all over London.

Of the three schemes, the Cripple Schools were the first to attain recognition. Private and individual work among these unfortunates was no new thing, though it is surprising how many persons are even now under the impression that the only aid given to cripples is sending them hampers at Christmas. Eighteen years ago the Invalid Children's Aid Association was started, and through its system of visitors little attempts to teach the children at home were made. This led to the formation of small classes at Stepney and the Women's Settlement at Southwark for those cripples whose condition enabled them to walk a little way, or who could be carried in a van. Mrs. Ward decided to imitate these classes, but on a larger scale. Even children suffering from serious spinal or hip complaints were quite capable of learning if only they could be got to school. But when there they must be in charge of someone who knew how to handle them, and could deal with a sudden emergency, such as is sure to arise where so many invalids are gathered together. These difficulties were met by the appointment of a trained nurse, who was to take the children to and fro, and look after their health in school hours, and by the construction of a special invalid carriage, fitted with two couches for recumbent cases, and able to accommodate eight other children as well. Then came the question of funds. Was the school to be a private venture only? Mrs. Ward thought not. In her view the care of these children was the concern of the community as a whole, and the Special School for the Feeble-bodied, a natural corollary to the Special School for the Feeble-minded, which was already in existence. Happily, she was able to win the School Board to her point of view, and with its co-operation, the new Special School was opened in 1899.

The venture was successful. The children improved in health and gained in

*

knowledge; and in the following year Mrs. Ward read a paper before the annual Conference of Women Workers, in which she pleaded with impassioned eloquence for an extension of the good work. "Let us," said she, "be the first country in the world to establish these Cripple Day Schools, and establish them well." Even if costly, they would be profitable in the end, if they helped to turn some of these sufferers into self-supporting men and women. For some, unfortunately, all that could be done was to give them for a while happiness in good air and sympathetic surroundings. Then the little life will cease. It may have been too deeply bruised for your healing; another compassion than yours will take it to itself. But are you going to call your care wasted even so? I think not, while in all the world there is still a child to suffer and a woman to feel."

We all know the result of this appeal. The London School Board decided not merely to support, but also initiate, such schools; and thanks to the devoted labours of Miss Lawrence and her assistants, Mrs. Burgwin and Miss Collard, there are now eighteen of them in full work under the London County Council. They are part of the educational system of the Metropolis, and their foundress has the joy of seeing her vision realised.

ORGANISED PLAY-TIME.

Vacation Schools are an importation from America. But Mrs. Ward has never visited that country, and it was an article in *Harper's Magazine* that first drew her attention to them. She determined, says the writer of this article in *The Tribune*, to try the experiment in London, and combine "pleasurable occupations" with the "organised play," which was the main feature of the American schools. The Vacation School "sought to show the children that coming to know and learning to do are, in themselves, some of the truest of pleasures."

The Passmore Edwards Settlement is lucky in the possession of a playground, and in access, through the kindness of the Duke of Bedford, to the neighbouring gardens. It is possible, therefore, to carry on a good many of the classes and games in the open air. In fine weather the children always assemble out of doors. At 10 a.m. and 5 p.m. a whistle sounds, and the children form into line according to classes. School begins with a simple religious service, and sometimes an address is given, either by the Director of the School or alternately by ministers of the Church of England or the Free Churches. Any parents who like can withdraw their children from these services, but none care to avail themselves of this prerogative. The curriculum includes all that to boys and girls must seem most delightful. There is singing and gymnastics for everybody, woodwork for the boys, and for the girls cooking and nursing, which the first year even included the washing and dressing a live baby, but Mrs. Ward being present on one occasion thought the little mite ran risk of catching cold, and stopped this item of instruction. There is swimming, too, and sand-digging, that chief joy of our childhood, and lantern story-telling and nature study, and a dramatic class, where pieces are studied to be performed before the whole school on closing day. It sounds almost like a fairy-tale, that all these things should be offered to the very poorest, and colour and movement brought into dull and stagnant lives.

A LADY BOUNTIFUL.

It is because she believes so earnestly in equality of opportunity that Mrs. Ward wishes to gather into Vacation Schools that great mass of London children who cannot enjoy the benefits of the Country Holiday Fund. That is also why the doors of the Settlement are opened every evening to the little boys and girls of Bloomsbury, many of whom come patched or even ragged, but all with a bright smile on their faces, sure of their welcome, and knowing that a happy and busy evening is before them. The occupations are of much the same kind as those of the Vacation School. The teachers are the best that can be obtained. Among all these teachers Mrs. Ward is a welcome visitor on those happy evenings when she visits the school in person. She knows them all, for most of them were chosen and appointed by her.

FOOD THAT FIGHTS GREY HAIR AND WRINKLES.

JUST as the aspirant for the magical letters "K.C." to eat so many dinners in the Temple, so it appears a person can eat their way to beauty.

"What man or woman, growing old, would not give a fortune for the renewal of youth?" asks a medical correspondent in the *Daily Mail*.

"With a little care," he says, "they might have kept it for ten or a dozen years longer, but its value was not realised until too late.

"Everyone has power to hasten or retard the process of growing old. Nearly everyone hastens it, and, at the same time, cuts off a considerable number of years from the natural span of life.

"Through diet, especially, is the age of the body affected. Of course, one who frets and worries will age more rapidly than the person who takes life serenely, and a great many things, such as bad air, want of exercise, overwork, will help on the wrinkles and stiff joints.

"But in this connection food is more important than any other factor. And a proper choice of food and mode of feeding will, indeed, prevent worry, lighten the cares of life, make work easier, and so prolong youth, indirectly as well as directly.

"First, in order to delay the coming of old age, we must prevent the deposit of fat by moderation in eating, more particularly moderation as regards sugars and fats.

"Secondly, we must avoid the use of alcohol in all forms as much as possible, so that the arteries shall not become distended and lose their tone. Thirdly, we must eat meat sparingly in order to save the kidneys and liver.

"These are the broad rules for preserving youth as far as food is concerned.

"To obtain the best results it is

BAYONET V. BAYONET.

See "Soldiers and Athletes too" (pages 675-678).

desirable to commence the rational regulation of diet while youth remains. Up to the age of twenty-three or twenty-five, in the case of men, and eighteen or twenty in women, the framework of the body is being formed, and the diet should be generous. 'After the thirteenth year,' says Dr. Cohen, 'it is no longer necessary to eat to make more tissues, but only to preserve equilibrium of weight and strength. Yet, at that time, eating is a pleasure highly appreciated. Therefore, most men and women eat too much, and this is the time of life when indiscretions in diet produce disease with especial frequency.'

"Among the foods most likely to have the effect of keeping the body youthful are the following. Anyone past forty should use them in preference to the heavier and richer articles; and all city people will probably find them most suitable from the age of twenty-eight or thirty onwards.

"Mutton.—It is better than beef for sedentary people. The leg is the best, according to Dr. Burney Yeo. Young and tender fowl and game. Eggs lightly cooked. Cooked in every form, or beaten up with milk and a little sherry.

"Milk.—It is better always to boil it. It is as good in puddings, cocoa, coffee, etc., as alone.

"Potted meats and game, if genuine and unadulterated, are nutritious and digestible.

"Fish, particularly white fish, such as sole, whiting, cod, flounders, smelts, etc. Fish is better boiled than fried.

"Grilled bacon.

"Sound pure bread. It is best when home-made.

"Porridge of oatmeal, wheat, or maize, with milk, cream, or buttermilk.

"Puddings of rice, tapioca, sago, arrowroot, macaroni, made with milk and eggs (not egg powders).

"Vegetable purées of all kinds.

"Stewed celery, stewed onions, spinach, artichokes, and nearly all vegetables.

"Stewed or baked fruits of every kind, and raw, well-ripened apples, pears, grapes, oranges, strawberries, etc.

"What is to be drunk? If wine or beer be taken, they should be light; if spirits, it should be well diluted. No alcoholic drink should be taken except in very small amounts.

"Tea, coffee, chocolate, are all good. Tea and coffee, however, should be light and quickly made.

"Hard water is probably an active agent in aging the body. It is said to produce calculus, and may harden the arteries. With hardened arteries one cannot be young. Use soft water for drinking.

"These are only some of the foods that may be used. It is a mistake to restrict the dietary too much. Moderation is the thing to keep in mind.

"With attention to food, air, exercise, and the hygiene of the mind, most people might be ten or twenty years younger than they really are. The great scientist, Dr. Metchnikoff, thinks we ought to live ten times as long as the period we take to develop. That is from 230 to 250 years. There is no reason, therefore, why we should not remain youthful until we pass seventy or even eighty. Some people accomplish it, and it is possible for a great number.

"Do not eat heavy suppers.

"Drink little or no alcohol.

"Avoid rich meats and pastry.

"Do not grow fat by eating too much.

"Fat people seldom reach a good old age.

"The youthful old man is lean.

"Lessen your food continually as you grow older.

"Over-eating produces all the diseases that make one old.

"Under-feeding shortens life.

"Just enough and a trifle over is the ideal."

Veteran's Walking Feat.

At the age of sixty-eight, Edward Payson Weston, the famous long-distance pedestrian, on May 24th, repeated his feat of walking from Philadelphia to New York within twenty-four hours, which he first achieved forty years ago (wires a *Daily Mail* correspondent). The distance is ninety-six miles.

On the route he was fed with egg, milk, custard, and rice pudding, which he ate while walking.

After food and a rub down, he declined to go to bed, saying that he would like a little stroll first.

THE DANGERS OF A HURRIED BREAKFAST.

INDIGESTION, or a disordered liver, is not a pleasant companion to carry through life, yet the evil arises more often from the neglect of meals than from partaking too liberally of food. In many cases the trouble is caused by not giving the digestive organs a reasonable amount of work to accomplish at all times, or by leaving them idle for too long a period, and then suddenly springing upon them an enormous and very solid meal without giving them time to play their part thoroughly.

But it is the hurried breakfast which is responsible for many of the ills which beset mankind. After the long night's fast the most natural thing seems to begin the day with a light but satisfying meal, taken in cheerful company if possible. The uncomfortable feeling that there is not sufficient time in which to eat the food provided takes away all enjoyment from it, and when devoured in haste with a newspaper propped up against the sugar-basin, accompanied by a gloomy silence, it is small wonder that Nature rebels and that the digestive organs refrain from doing their work; and the ruin is completed by the flight from the breakfast table to catch the train.

"Bacon again!" growls the master of the house. "Eggs! No, I don't want eggs! Can't we ever have something different?"

If the wife is sensitive she weeps, and wonders why it is always so difficult to find a change of breakfast dishes. If indifferent, she smiles, and remarks, "that breakfast is a tiresome meal," and orders bacon and eggs the next morning. It is the wise woman who knows that in nine cases out of ten it is the appetite which is the chief offender, and the digestion which fails to wait on it. Being unable to mend the fatal habit of hurry, she tries to coax the jaded appetites of her household with ready-prepared tinned or bottled delicacies, neither her cook nor herself having the knowledge requisite to introduce a welcome change.

When people lived more in fresh country air, rose early, and regarded their breakfast as a serious meal, they also possessed an appetite which enabled them to appreciate simple, well-cooked dishes, but in bygone days breakfast cookery was given far more consideration than the present generation supposes; and, although the dishes might be of a solid character, they were not rough and ready as is erroneously imagined. Neither did the fare provided lack variety. The substantial dishes on the sideboard were generally cold ham, spiced beef or tongue, but the hot dishes comprised many dainties, which might well be given place as entrées at a fashionable dinner of to-day, and this was provided in quite moderate households, but where the good wife did not disdain to superintend her own cookery.

The modern wife, writes Mrs. Charles Marshall, L.C.A., in the *Daily Chronicle*, however, would consider herself aggrieved if it were deemed to be part of her duty to rise rather earlier and give a little personal supervision to the breakfast table, but on the other hand, her self-sacrifice would too often be in vain, as the modern husband usually defers the moment of leaving his bed until the very last second, and after the usual little hindrances caused by hunting about for misplaced articles of his toilet, he descends only in time to snatch a cup of coffee, bolt a small quantity of food, without tasting it, and rush out of the house with the paper tucked under his arm.

In the present day, when time seems at a premium, and nobody has leisure for anything, it is quite obvious that the digestive organs must suffer considerably. The palate is not given a chance of affording them encouragement, and in the strain laid upon already exhausted nature the appetite fails and cannot aid the palate. Food, which is to be enjoyed and have a chance of digestion, must be taken somewhat leisurely; and it appears a short-sighted policy on the part of the modern feeder to covet a few minutes' extra time in bed at the expense of future health.

This gradual destruction of the digestion frequently begins in youth. Breakfast is often late, the children will not get

up till the last minute; they come down hurried and cross, and they are disinclined for their breakfast on account of their anxiety not to be late for school. But the continued practice of neglecting the first meal of the day is a serious offence against the constitution, and leaves in its train evils which are lasting.

In order to vary the breakfast and make it more palatable, it is not necessary to invent new dishes. There are many simple and effective ways of using up the old materials if only reasonable care and skill are displayed with regard to cookery. There are likewise one or two useful rules which it would be well to remember. One is that bacon should never be cooked in its own fat, it should either be grilled or toasted. Another is that unless an egg is new-laid, it cannot be poached properly, neither is it fit for omelet making; that for a savoury omelet the yolks and whites of the eggs must not be beaten separately, and that when the omelet is in the pan the butter should be well stirred into it. Also that in the concoction of appetising little dishes, butter must always play an important part; moreover, the butter must be good in quality, and no substitution of margarine must be permitted.

Cookery, however, is not inherent in everybody, and at all times it requires patience and systematic treatment. The skilful cook must not expect to "run up" her dishes as the home dressmaker boasts that she can "run up" her garments. However plain the materials in cookery, they must be weighed or measured, prepared and finished off in a careful and painstaking manner. It is the non-observance of these principles and the idea that good cookery is a natural gift from heaven to every woman which cause the troubles that beset the young housewife.

Breakfast dishes are well worth the attention of all who take an interest in the welfare of their home, and a word of advice might be of some value from an experienced housekeeper. Housewives should not attempt to force their own tastes and inclinations on their families, but where it is necessary to guide the appetites of the household they should lead them unconsciously to display a preference for what is considered most wholesome and nourishing.

A Floating Club.

Marine motorists have purchased the ex-Admiralty yacht Enchantress, and converted it into a magnificent floating club-house. The Enchantress is now the property of the Motor Yacht Club. She is moored half a mile from Netley Hard, one and a half miles from Hythe Pier, and two and three-quarters from the Southampton Town Quay. A New Thorneycroft motor-launch will maintain communication with the shore.

Comfort and artistic taste have both been studied carefully in the fitting up of the vessel. The new promenade deck is 110ft. long and 28ft. wide. On the main deck are twelve sleeping cabins and the dining-saloon and a card-room, and on the upper deck are eight sleeping cabins, the drawing-room, and a gallery. On the bridge are smoking and reading rooms with a smaller house for the use of the judges and other officials during trials and races.

The Enchantress is the first floating club on a large scale which has ever been attempted.

Our Greatest Curse.

The evil of alcohol is universally admitted. And Sir Victor Horsley contends that it is the duty of the State to spread the gospel of temperance. In an address at a meeting of the Band of Hope Union, held recently at Exeter Hall, Sir Victor pointed out that the work of the Band of Hope Union in sending out itinerant lecturers to the schools by permission of the local education authorities should really be done by the State itself. The best—indeed, the only—way to teach temperance to the young was to illustrate the actual effects of alcohol upon the human system and to let them form their own conclusions on this, the greatest curse of modern times.

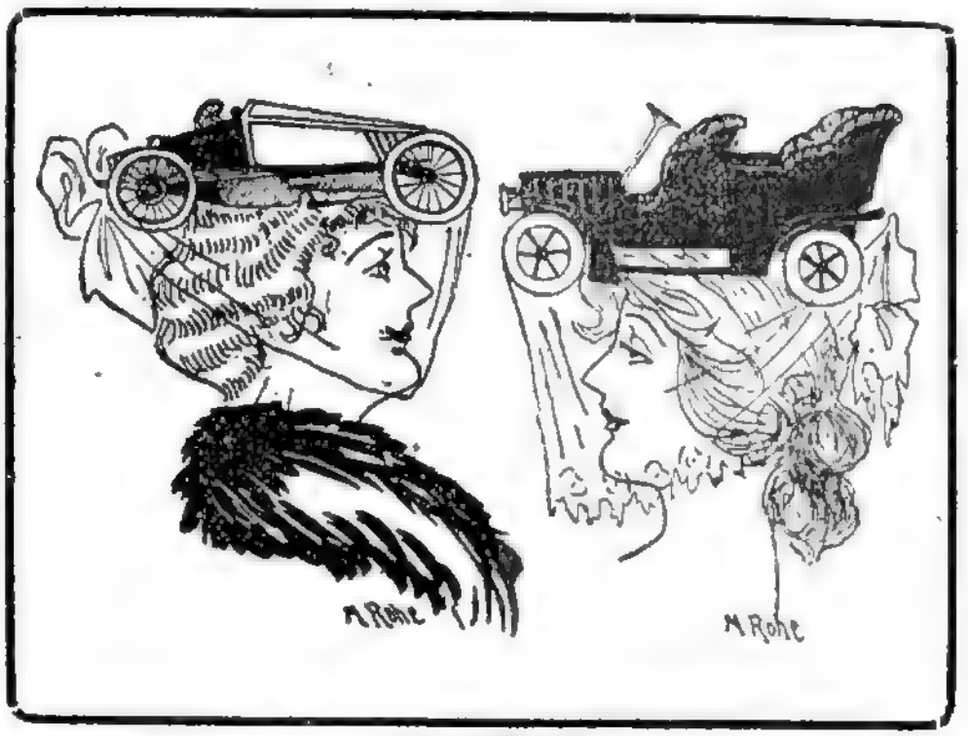
Physical science, nature study, and biology were at the bottom of all our lives, and their study should not be taken up in the present casual fashion.

Itinerant specialists paid by the State would, said Sir Victor, be the most effective way of imparting this branch of national temperance education.

English Girls are Bad Walkers

And Mrs. Humphrey tells the Reason why.

WHY English girls walk badly is explained in the *Morning Leader* by Mrs. Humphrey. One reason is that she is seldom properly drilled. At school, or at home in the schoolroom, she is too often allowed to crouch over her books, her shoulders rounded and her chest contracted. Her physical training has been woefully neglected. The years during which the young frame is growing and expanding are those in which the greatest care should be bestowed upon the proper education of the physique. It is in the fast-growing years that a girl should be taught to hold herself upright, shoulders back, chest forward, head up, chin not protruded. The science of deep breathing should be acquired at this age, if not before, the age between 10 and 15. Yet these are the very years when girls are allowed to study eight or nine hours a day, hanging anyhow over their books, and allowed to breathe in the shallow, scrappy way that is such an injustice to health and well-being.



THE MOTOR HAT.
The latest novelty in Feminine Head-Gear.

THE SCHOOL-GIRL'S DAY.

Take the average day of a high-school girl. She is up at seven or half-past, and has probably a short—far too short—walk to school. Arrived there at nine she is busy with lessons till noon. Then comes half-an-hour's recreation or perhaps a walk. Afterwards lessons till half-past one, when she goes home for luncheon. Back at school at three, or before that hour, she has studies or classes again till five. Home to tea and two hours' preparation of lessons in the evening. Often, too, there is half-an-hour's piano practice before breakfast, and another half-hour in the evening.

Is it any wonder that she pokes and stoops and walks anyhow? Perhaps, too, she is very tall and stoops still more from the uncomfortable feeling of towering over everybody, including her pastors and masters, her father and mother, and other grave and reverend seigniors.

AN HOUR DAILY TO PHYSIQUE.

Were at least one hour a day to be devoted to physical culture the British school-girl would soon show a great improvement in her walk. If she has learned to hold herself well she will walk well as a natural consequence. Her clothes are often all wrong. Her mother very probably thinks more of figure-training than of physique, and she puts her growing girl into tight, stiff corsets. A mighty mistake, this. So long as the skeleton is incomplete, there should be no tightness. And yet there are mothers

who even put their girls to the torture of tight shoes all through childhood and girlhood, in order that their feet may be small. Tight shoes are inimical to grace of movement.

So, indeed, are loose ones, though in a less degree. No one who has not tried it can conceive of the difficulty of procuring sensible garments for children and growing girls. From hats to boots the ordinary supply is deficient in just those qualities for which the sensible mother looks. And yet it would be vain to start a depôt for hygienic garments. The very word seems to frighten away the frivolous crowd, and it is the frivolous crowd—in other words, the majority—on which such undertakings depend for success.

WHAT TO DO.

Meantime, the only thing to do for our girls is to clothe them in such fashion that they have plenty of room to expand the chest, perfect freedom of limb without tight ligature about the knees, and no unnatural pressure round the waist. Relieve our girls from the unnatural pressure of book-learning for so many hours a day, and let them enjoy open-air exercise for a portion of the time instead, competitive examinations notwithstanding. With deep breathing, physical exercises, and a course of fencing now and then, our bright, fresh, natural, and delightful English girl will walk as gracefully as even her own mother could desire, and, what is more, without fatigue. There is nothing more tiring than walking badly.

The Secret of Magnetism.

The secret of being personally magnetic is to be open, frank, honest and determined. You must do what you say you will if you wish people to trust and believe you. You must centre your thoughts, in other words, concentrate upon the subject of your association with others. Cherish no grievance, and do not harbour any harsh or unforgiving thoughts against anyone you know. You must be pleasant and good-natured if you wish others to be attracted to you. Stop worrying about your past failures and present troubles. Worrying about your condition will only make it worse. If you keep smiling and cheerful, even if you do not feel that way, you will find that you did not have anything really worth worrying about.—"The Bottomless Pit," by J. HOWARD CASHMERE.

Be Old when Young and you will be Young when Old.

Sir James C. Brown's Advice.

IF you want to live long, it is good policy to sprout an old head on young shoulders. That, at least, is the advice of Sir Jas. Crichton Browne, M.D., LL.D., in a book called "The Prevention of Senility." Here are his own words on the subject:

Every man is, I think, entitled to his century, and every woman to a century and a little more, for women live longer than men. Every child should be brought up impressed with the obligation of living to a hundred, and should be taught how to avoid the irregularities that tend to frustrate that laudable ambition.

To lengthen as well as to strengthen the lives of the people is the object of preventive medicine. Certain great measures that lie beyond its scope are first of all necessary if we could prolong the days of the masses of our people. Regular employment must be scured and poverty diminished by our statesmen and economists, so that we may no longer have amongst us 13,000,000 on the verge of hunger and dying in multitudes before their time.

If old age is to be attained, a good start in life must be given, and hence the importance of these questions as to infant feeding and milk supply. If it is to be reached by a proper proportion of wayfarers in sound condition, we must reduce the prevalence of those infectious diseases which carry off so many of the young, and often cripple where they do not kill, and we must see that our children have a sufficiency of food, and a sufficiency of teeth with which to eat it. If it is to be wisely pursued, we must foster the self-respect and arrest the degeneration of our people by giving them decent houses, and promote their physical development by affording them facilities for exercise.

Cardinal De Salis, who attained the age of 110, when asked by his friends what regimen he had observed, was wont to say, "By being old when I was young, I find myself young now I am old. I led a sober, studious, but not lazy or sedentary life; my diet was ever sparing, although

delicate; my liquors the best wines of Xeres and La Mancha, of which I never exceeded a pint at a meal, except in cold weather, when I allowed myself a third more. I rode and walked every day except in rainy weather, when I exercised for two hours. So far, I took care for the body; and as to the mind, I endeavoured to preserve it in due temper by a scrupulous obedience to the Divine commands, and keeping (as the Apostle directs) a conscious void of offence to God and man."

Peculiarly desirable it is that we should warn the public against those causes of premature senility which operate with disastrous effect when childhood is over. I am not prepared to indulge in any general denunciation of alcohol, but there can be no question that an excess of it does make men old before their time. It induces over-excitation and exhaustion of the nerve-cells, and also vascular paresis and arterio-sclerosis, which is the main feature in pathological senility; and it is especially apt to do this if indulged in at a time when the tissues are approaching the natural limit of their functional activity.

Whatever tends to diminish disease is conducive to longevity, but in our endeavour to promote it we must have regard to mental as well as to bodily hygiene. A great deal of premature decline in force and energy is due to overuse of the brain and nervous system. Dr. McLane Hamilton says that Americans break down at an earlier age than Europeans, especially from nervous ailments, and he attributes this to their struggles for the rapid accumulation of wealth, to the competition and ambition which are largely stimulated by agitational newspapers, to the worries and anxieties of business in which men immerse themselves without recreative relief, to hustling, over-eating, insufficient exercise and luxurious living generally.

If we are to lower our death-rate and promote old age we must return to simplicity and tranquillity of life.

MILK, BEER, AND WATER.

WANTED—A PURE MILK BILL.

NOTICE is directed in the columns of the *Daily Chronicle*, by Dr. C. W. Salesby, to the remarkable lack of correspondence between the attention respectively paid by the public to the purity of these three fluids.

With regard to the importance of the water supply, says Dr. Salesby, everyone is adequately, if not more than adequately, educated. The greatest public alarm is manifested concerning accounts of absolutely innocent impurities in water. There are innumerable forms of vegetable life, the presence of which in water cannot conceivably do anything but impart to it a small food value. The dangers inherent in drinking water are grossly misrepresented by advertisers who figure wholly imaginary microscopic views of pure water and ordinary drinking water, the latter containing forms of life assumed to be virulent, but wholly unknown to any student of natural history.

WATER AND TYPHOID.

If we turn from these fictions to facts, we find that, practically speaking, and excluding such accidents as the invasion of our island by cholera, there is only one disease of an infectious character which water is liable to convey. Lead poisoning is certainly a very serious matter, but it does not affect my present argument. The disease to which I have referred is, of course, as everyone knows, typhoid fever. This is very commonly conveyed by drinking water, and causes not a few deaths. In such cases someone has been criminal or criminally careless. But, except in epidemics of typhoid, there is little need for us to worry about our drinking water. I should no more dream of filtering mine at ordinary times than of allowing a child in my house to drink ordinary milk.

Beer, again, is a fluid to the purity of which we pay much attention. A Pure Beer Bill is introduced into the House of Commons, and Members waste the priceless time of that assembly by making ridiculous speeches about their personal habits, or other matters of like cosmic interest.

But no one introduces a Pure Milk Bill. We pay far more attention to the purity of beer, which, when absolutely pure, slays millions, than to the purity of milk, which, when impure, slays hundreds of thousands, and when pure is the only perfect food—the only food the only function and purpose of which is to be a food.

No more amazing instance of swallowing a camel and straining at a gnat could well be conceived.

IMPURE MILK.

Occasionally, it is true, we pay some small attention to the purity of milk, but when we do so we concentrate ourselves entirely upon a matter which, relatively speaking, is utterly insignificant. To the best of my belief, by pure milk the public generally understands milk that has not been diluted with water. True, it may be swarming with virulent bacilli of tuberculosis and diphtheria and typhoid and half a dozen diseases more, but as long as it has not been watered, nor its cream abstracted, this, I understand, is pure milk. As the waiter remarked when remonstrated with for the presence of a hair in the soup, "There is no extra charge," and if one gets eight or ten bacteriological cultures along with one's milk, why repine?

The answer is, that of the abominable infant mortality which, I am glad to say, is to be the subject of a national conference in London in June, and of the existence of which the public cannot too frequently be reminded, an enormous proportion is caused by the utterly outrageous character of a great part of the milk which is freely allowed to be sold in this country. Dr. Collingridge, the medical officer of health for the City of London, has just told us that 9 per cent. of samples of milk supplied to the City last year contained tubercle bacilli; whilst, of a number of samples examined during the past two years, "36 per cent. were contaminated with filth." Perhaps the reader will now forgive me for a little free speech on the subject of the Pure Beer Bill and similar rubbish.

A CAUSE OF TUBERCULOSIS.

There is, of course, a controversy in the scientific world as to the relations of human and bovine tuberculosis; but it is fair to say that the overwhelming majority of experts are agreed that, though bacilli of bovine origin may be of less danger to man than bacilli of a fellow-man, they convey a real danger—which is far more grave in the case of babies and young children. In all probability, the number of deaths due to tuberculous milk alone in this country every year must approach, if it does not run into, five figures. But even if we confine ourselves to surgical tuberculosis alone, we can scarcely over-estimate the importance of milk. I have not yet forgotten the impression made upon me as a student by my teacher, Professor Chiene, C.B., when, standing at the end of one of his surgical wards in the Royal Infirmary of Edinburgh, he pointed to one bed after another, where a patient with surgical tuberculosis lay, and incriminated "Milk! milk!" as the cause of the presence of eleven out of sixteen patients in that ward—a lamentable, but by no means exceptional, proportion.

Even if we totally ignore tuberculosis and diphtheria and typhoid, and consider merely what we may call septic changes in milk, we may easily demonstrate that, on the score of the death-rate, the purity of milk is at this moment a matter of far greater importance than that of water. The question of the purity of beer is not to be taken seriously, unless alcohol be regarded as an impurity. When the national conference meets in June, the infantile mortality will be on the point of rising to the appalling proportion which it always reaches in July and August. Members who prate about pure beer will doubtless then be prating about something else, or enjoying their ill-earned repose. Meanwhile, impure milk will be killing the children in our great cities like flies, from causes which are perfectly well known and absolutely preventable by any people who have a conscience, and care.

THINGS REMEMBERED.

By J. St. A. JEWELL (*Author of "The Loss of the Malpasia and other Sea Stories," etc.*

I HAVE often been asked by physical culture friends to write an article on my Physical Culture Reminiscences, but, inasmuch as the letter "I" would necessarily be of frequent recurrence, I have, till now, hesitated. However, the Editor has now "suggested" that such article be written, and as an editor's "suggestion" is really a command, I have no other alternative but to obey. Let this constitute my apology, therefore, for all the "I's" this article contains.

It will naturally occur to you that but

February Competition.

1. Mr. V. LADBROOKE, Handsworth (1st prize under 18).
2. Mr. P. CULLIFORD, Napier, New Zealand (1st prize over 18).
3. Mr. R. W. HARRIS, Portsmouth (Commended under 18).
4. Mr. NICOLAZ TONQUER, Norway (Commended over 18).
5. Mr. A. J. STONE, Birmingham (Commended over 18).
6. R. MORRISON, Aberdeen (Commended under 18).

See Announcement re January Competition on p. 697.

few of many incidents can be related in the brief space allowed me here, and let me say at once that those here set down lean to the humorous side. There are others of a pathetic and tragic nature which, on some other occasion, I may set out; but, for the present, a laugh is better than a sigh.

One Tuesday night, at the old school, after the first dumb-bell class was over, I was busy teaching a budding Madrali the mysteries of the cross-buttock when a stranger entered. He grinned good-naturedly at all and sundry, and having seated himself, began addressing facetious remarks to some pupils standing near. It became apparent that he had been drinking, and considering it a bad example for the pupils, I left young "Madrali" to his own devices, and addressing myself to the stranger, said politely, "What may I have the pleasure of doing for you?"

"I want to see the official-in-charge," he said, thickly.

"All right—come into the office," I said, leading the way. When I had him to myself, I suggested that he was not in a fit condition to discuss with me matters relating to his bodily welfare, but he persisted he was.

"The fact of the matter is," he said, "I want you to get me strong an' fit."

"Why this anxiety?"

"Well, to cut a long story short, I'm very sweet on a certain girl, and I'm not the only one. One of the other fellows went out of his way to insult me the other night at our local club, and although I was dying to hit him, I knew it would be useless, as he is bigger and stronger than I am. That's the reason, and I want you to train me up strong enough to give him a hiding—that, and no more."

I laughed heartily at first, booked him for three months, and gave him good advice. In this latter, I pointed out that alcohol was a very bad thing for a man on the warpath looking for scalps.

He started work next day, and buckled to with a will. He never referred to the conversation of the night before, and neither did I. As time went on I grew to like the man amazingly, for, although quiet, he had a well-developed sense of humour, and, best of all, was a hard worker.

During the three months he progressed rapidly, and, in addition to having gained strength, had taught him the rudiments of both wrestling and boxing. At the end of the course I suggested his having a further three months, to which he agreed.

During this latter course he worked harder than ever, and at the end of it. was a really well-developed man. I lost sight of him then for over twelve months, when one night he turned up at the school again, "to harden up a bit," as he put it.

Chatting to him after work, I asked, "And have you done any fighting lately, Mr. J——?"

For a moment he hesitated, and then grinned broadly. "I thought you'd forgotten all about it," he said, "but I see you haven't."

"I have a good memory," I answered.

"I licked my man and married Miss —— before my second course was over," he said, "and now—well, I'm a bit stale and want tuning up."

He turned to go to the dressing-room, and as he did so, a faint little tinkle was heard.

"What's that?" I asked, thinking hard.

"Oh, that's a rattle for the baby," he said.

An elegantly dressed individual visited the school one night, and chatting affably with all and sundry on physical culture and weight-lifting matters, soon gained golden opinions. There was nothing worth knowing about weights, training, and wrestling that he didn't know—according to himself. He came next night, and began to teach us how the school should be run.

He strained our hospitality to the utmost, and nearly reached breaking strain when he interrupted the drilling of a class and told me that my methods were all wrong.

It was a really most embarrassing time, but I put up with it for the sake of peace. Later, he interfered so much

with the wrestling that I suggested he should "peel" and show his own abilities.

He expressed willingness to "show us a thing or two," and began to "peel" off. Imagine our surprise when we found he had on, underneath his ordinary attire, a most elegant wrestling costume —blue silk tights, cream silk slips, and an armless orange-coloured silk vest.

I had summed up the man the first night, having seen his kind before, and waited for the *denouement* that I calculated would follow. When he was ready, I therefore suggested that he should tackle one of our beginners, but he would have none of it.

"You are the instructor," he said, "and you are, therefore, the person I should first instruct," upon which he gripped me about the neck, and proceeded to "show us a thing or two."

The man could no more wrestle than he could fly, and I knew in five seconds he was as big a fraud as I thought him to be. My first impulse was to cross-buttock him heavily, and so give him a good shaking, and then to stand him on his head and make him look ridiculous. A moment's consideration, however, showed me it would be cruel in his case, so, instead, I let him pull and maul me about and pin me time after time. As he messed about, he gave what was really a lecture on the art, and eventually let me go. The boys rose to the occasion, and gave him a cheer, and he took it as a genuine expression of admiration. Afterwards, as he was going, he told me, "You will progress, my dear Mr. Jewell, under competent instruction, and no doubt learn in time; but it is really humorous to a man like myself to reflect on the fact that you already instruct."

Even that I took smilingly, and when I shook him by the hand to say "Good-night," I remarked, "If I never see you again Mr. C——, I shall always recollect you as the most amusing and entertaining man I have met for many years, and if your own wrestling abilities ever tie with your entertaining abilities, you will have the wrestling championship of the world at your feet. And now—Good-night."

And he went away with a condescending smile and jerky step, as if he owned the earth, and there was not the slightest shadow of a doubt as to how he had interpreted my farewell speech.

When Jenkins was training at the old school, in preparation for his contest with Hackenschmidt, we used to have a select little audience of English, Americans, and Continentals to watch him practise every day. They gathered about midday, and sometimes Jenkins arrived before them and sometimes after them. One day, among the audience was a certain solicitor, who claimed to know as much of wrestling as he did of law, and to a friend he remarked that "Jenkins was no more fit to wrestle 'Hack' than he was to run Shrubb." Waxing eloquent, he continued, "I don't want to brag, but I think I could give Jenkins all he could do to throw me in an hour."

A thick-set, hard-faced man then chipped in the conversation, and said, with a strong American accent, "I guess you're about right; Jenkins is about as big a fake as we have on the other side; I've seen him before, and he only *thinks* he can wrestle."

"You simply bear out my contention," said the man of law, "He's a fraud from start to finish."

"You've about sized him up," answered the American, "and maybe you're right. He's no friend of mine, anyhow. I simply come here to see him play about, and because I like to meet men who *do* know the game."

"Just so," said the other. "That explains why we're all here. I suppose you do a bit yourself, eh?"

"Well, yes, I do a bit; must keep my reputation up a bit you see!"

It's pretty much the same with me; I do a bit to keep my little reputation up, too, although I'm not a professional. You are, I presume."

"Well, yes, you can put me in the column."

"I gathered that you were from your conversation. May I ask your name?"

"Certainly. I'm Jenkins!"—Tableaux.

Now, for one against myself. A big, heavy, pale-faced man once came to the

school, apparently in search of information on physical culture. He appeared to me to have just got over an illness—he looked very run down, he stooped at the shoulders, and had the appearance of a physical wreck.

Looking upon him as a prospective pupil, I pointed out the benefits to be derived from systematic exercise, and asked him to give the matter serious consideration. "A man like you," I said, "should be able to lift heavy weights, and be capable of big sustained effort, instead of which you appear to be weak and very much below par."

"I am," he said, pathetically.

Further conversation resulted in my saying, "If you will come into the practice room, I will show you how the exercises are gone through."

I then showed him one or two exercises for the biceps, during which he caught hold of my upper arm and said, "Wonderful! How it makes them grow, to be sure."

A little later he added, "I'm afraid I couldn't do it, on account of my heart."

Dropping the 14 lb. bells I was using, I said "We should put you on light ones at first, of course—say, three-pounders."

He wandered about aimlessly, and eventually stopped in front of a 56 lb. weight. "How much does this one weigh?" he asked.

"That's a half-hundredweight," I answered, putting it slowly above my head several times.

Then he asked, "May I lift it?" and thinking of his weak heart, I said, "Perhaps you'd better not, it may strain you."

"I'll be very careful," he said, humbly, stooping down and grasping the weight.

The next instant I saw him working that half-hundredweight up and down, with one hand, in precisely the same way as I had used the 14-pounder when demonstrating the biceps' exercise, and the sell was so complete that I laughed as heartily as he did.

He proved to be Mr. Slade Jones, the celebrated weight-lifter.

Yorkshire Teachers and Physical Training.

Danish Instructor Appointed.

Fraulein Wilke, of the Physical Training College for Women, South Western Polytechnic, gave an address recently before an educational conference, initiated by the Education Committee of the West Riding (York) County Council, and held at Saltaire, on the subject of "Physical training in Schools."

She was afraid that it was true that the nation was degenerating. She believed that physical training was one of the factors—and a powerful one—for improving the moral and physical conditions of the people. It had been found that anæmia and spinal curvature were great curses in the school lives of children, due, of course, to too much sitting and too little exercise. She hoped the time would come when people would feel ashamed of a weak body, just as they now felt ashamed of having a feeble brain. A heavy responsibility rested with the teachers, but a heavier one rested with their legislators. (Applause.) In the present state of affairs, twenty-five hours were given a week to mental exercise, and twenty minutes, perhaps twice a week, grudgingly, for badly regulated physical exercises. Fraulein Wilke contrasted the attention devoted to physical training in this country with that given in Continental countries, and concluded her address with a few words on the æsthetic side of the subject.

Colonel Fox said that Fraulein Wilke had stated that the country was going to the dogs. He did not think that was so, except in the case of the unfortunate "submerged tenth." A good physical education should ensure uniform development of the whole body, and it should further ensure the strengthening of the internal muscles. He then referred to the system of physical training set forth in the "Syllabus of Physical Exercises," which had been prepared and issued by a Board of Education Special Committee, of which the speaker had been a member. This text-book contained, he thought, the main qualities which should distinguish any system if it were to produce good results. Such a system must be organised, gradual, progressive, and continuous. The educational effect of good exercise was that it quickened the intellect and trained the body to obey with readiness and precision the dictates of the mind; it developed self-reliance and determination, it ensured precision in action; and last, but not least, it concentrated the thoughts. Colonel Fox emphasised the fact that physical training must be considered as a compliment to, not a substitute for, games, and that the encouragement of school cricket, football, and swimming clubs concerned them all as English men and women.

In the subsequent discussion it was stated that a Dane had been appointed—and would shortly arrive in the country—to teach the male teachers of the West Riding the system of physical training in vogue in Denmark, a modification of the "Ling," or Swedish system.

READERS' CLUB.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo. the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club

Some Tips to Milk Users.

Nottingham.

SIR,—Having been interested in Physical Culture for some time past, and an enthusiastic follower of your splendid system for the past five years, I venture to give you my little experience for the benefit of your S.M.R.C.

In my younger days I was an ardent follower of all kinds of sports—cricket, football, harriers, etc.—but, like a good many more, settled down in life and to business, and had to give up outdoor pursuits. For some time I was at a loss what recreation or hobby to take up, when one day I saw a photo. of yourself, and I resolved to go in for Physical Culture. I purchased dumbbells and a developer, and commenced. I went along for a considerable time on my own, but did not come up to my expectations. I could not follow your advice and join one of your schools, so did the next best thing. I made enquiries, and found a young fellow who taught your splendid system.

I took on with him for a six months' course, and at the end of that time, on taking my measurements found a considerable all-round development, which was all the more remarkable, taking into consideration I was then in my 37th year. I am now nearly forty, but am just as keen on my exercises as I was when I first commenced. At that time I used one developer. Now I use three developers in one.

My little daughter, aged nine, is also an enthusiastic Sandowite. After business is over for the day, we drink our glass of water (which I think is better than satisfying your thirst halfway through your exercise). Then we slip off upstairs to our gym., and there forget the cares and worries of business in Sandow; it acts like a tonic after a hard day's grind.

In your "Notes from my Note-book" you touched on the dangers of using preservatives in milk. As I have been connected with the dairy business all my life I am in a position to endorse all you said. (The pity of it all is that boron trioxide, boracic acid, or any acid or preservative, is unnecessary, even in hot weather.) If milk is properly refrigerated or cooled down, and kept under proper conditions, there is no reason why it should not keep any reasonable time, even in very hot weather. Many people have an idea that milk may be kept in anything or anywhere, but it is a mistake. It ought never to be kept in a jug because when the cream has risen it excludes the air and fermentation follows, owing to the milk sugar. It should never be kept in a cupboard, because milk, like other things, wants air. It should be kept in shallow vessels and in a cool, airy place, with a bit of muslin over the top to keep out dust and flies.

GEO. W. BAKER.

The Way to Health.

Eagle Lodge Hotel,
Woodhall Spa.

SIR,—It was in March, 1905, when a friend urged me to take up Physical Culture, and I did so. I am highly delighted with its results. I have been a sufferer of abscesses for seven years, and the doctors did not know which way it was going to be with me; but I am glad to state I recovered. I have a combined Developer, which I keep in constant use. I exercise 20 minutes daily, and put a good amount of will power into my work, which I think is essential. I have now a strong, healthy body, and never felt better in my life than I do to-day, which I owe all to your system. I have started a few of my friends on the road to health and strength, and they are making fine headway.

LEON GEORGE SMITH.

Surprised His Parents.

Pontypridd.

SIR,—I am taking the pleasure of writing to thank you for the benefits I have derived from using your Developer, etc. Have been doing my exercises for a few months only, yet the result is wonderful. I intend "sticking to it," too, although it's a little awkward for me, being in lodgings. I have always been subject to colds on the chest, but must say, since using your Developer, have not had the least trouble in that respect. When on a visit home recently, my parents and chums noticed the improvement immediately, and remarked that I was looking better than ever.

A. D. MORGAN.

"Gallons" of Medicine.

9, Ellerton Road,
Firth Park, Sheffield.

Sir,—I have great pleasure in giving you my experience of Physical Culture.

During the first twenty years of my life I took gallons of the so-called elixir of life, hundreds of pills, and quite a small army of empty bottles was the result of my taking all the latest patent medicines, which are supposed to give you life, but which, in reality, were slowly but surely killing me. For three years, from 1897 to 1900, I was a patient under one of the leading Sheffield doctors, and an out-patient at the infirmary, and I was patiently (no pun meant) waiting for health and strength in vain to come my way, or death to relieve me altogether of my sufferings, of which I thought I had had more than a fair share. Included amongst the list of complaints which I had were: nervous debility, in its very worst form, indigestion, constipation, bronchitis, and all the minor ills of which we are prone to suffer I sampled in turn; and if there was anything new in the way of disease I was the person who, in my own mind, represented Sheffield, for I was amongst the first to have it.

I at last purchased a Sandow Developer, and I consider it was the best 12s. 6d. I ever spent in my life. After studying the charts closely, I commenced operations, stripped to the skin, with the window thrown wide open, and the same fresh air that I had always been frightened of beating on my skin, and which, combined with the exercises I was practising, produced a most exhilarating sensation; and as I think now, so I thought then, that it tastes better to the man who is down in the dumps than a wineglass full of the sweetest physic doctors ever invented.

And now, after nearly six years, I can honestly say that I never felt better in my life—a feeling which has been created by systematic exercise and a simple food diet alone, and not with the aid of pernicious drugs, pills, and potions; and at the present time, instead of the chest like a sparrow's knee-cap that I once had, with one-inch expansion, I am the proud possessor of seven inches and a half, and instead of a ten-inch arm, I can measure 14½ inches, measurements that speak for themselves as to the benefit I have derived from Physical Culture.

W. Jenner.

Volunteers Note!—Stand up for Physical Culture.

Chichester.

Sir,—It is with great pleasure that I can call myself one of your readers.

I have now, for the last six or nine months, followed out a system of exercises, and can conscientiously stand up for Physical Culture as a good and sound hobby for young people.

It has occurred to me that it would be of interest to Readers if you could open up a column in your magazine for correspondence regarding His Majesty's Volunteers. Perhaps some other readers will take this up and write you on the subject.

Fred. W. Maxwell.

A Public-Spirited Reader.

Bendigo, Victoria,
Australia.

Dear Sir,—In December last I wrote you re your curative exercises having been applied successfully to a gold miner, and that I had another miner under my care who, I am pleased to inform you, has completely recovered by judicious application of Sandow exercises. I also mentioned that I was in communication with the headmaster of one of our public schools, asking permission to give lectures on anatomy and your system of Physical Culture. This was granted, and my first lecture was given on Wednesday, February 1st. I have arranged to continue this every week, giving one hour's lesson free for six months (copies of papers forwarded under separate cover).

Now, sir, as encouragement for the children at that school, I wish to ask you if you will donate one of your medals to the boy showing the greatest improvement during the six months. Of course, the class is for boys and girls, but on account of measurements having to be taken, the girls would have to be left out of the competition.

My sole object in giving my services free is to make your name a household word, and push forward your great scheme of public Physical Culture for school children.

I am prepared to give a medal personally, but one coming from the great Sandow would be valued far more than from me, and it would be a spur to them to greater efforts to achieve that result which you so much appreciate. Should you fall in with this idea, you could forward the medal direct to the Mayor of Bendigo, who would gladly take charge of and present same to the successful competitor on the receipt of my report and measurements. Full particulars would be posted to you at end of competition.

I might mention that I told the children I was writing to you, and that I intended to present them with a medal; but I did not say it was from you until I heard how you would consider this application. There will not be a prouder man in Bendigo than me if permitted to announce to those children the success of this application.

I am, dear Sir, yours in anticipation,

L. B. Thompson.

[Three Sandow Readers' Fellowship Medals have been sent to Mr. Thompson, one for himself (and he richly deserves it) and one each for best boy and girl.—Editor.]

From "Sandow Magazine" Medallists.

86, Nursery Road,
Aston.

Dear Sir,—I received the Fellowship Medal quite safe, and I am very pleased with it. I think the head-piece of the Editor is very good indeed, and I hope the next medal I receive will be a gold one, as I am earnestly trying for one. I remain, I. Hill

Colchester.

SIR,—This little effort of mine may be of help in encouraging others suffering from sciatica to persevere and dispel its ravages by your system of Physical Culture.

Before I took up the rubber-stretching I was in very poor straits, the result of sciatica in the left hip and leg, which the very changes of the atmosphere influenced. Walking became a difficult task, and some movements of the body caused me very acute pain. To rise after sitting made me sick with pain, and there's no wonder I lost pleasure and interest in what was going on around me.

I spent a good deal in seeking comfort and relief, but to no purpose. However, I may add massaging by a nurse gave me temporary relief, and hope revived somewhat.

Now, for me to be completely debarred from exercise can well be imagined, seeing I had led an active life in sports of all kinds, including running, football, cricket, cycling, boxing, fencing, etc.

My left side and leg became so weak that I was rendered helpless, and my friends had serious thoughts regarding me.

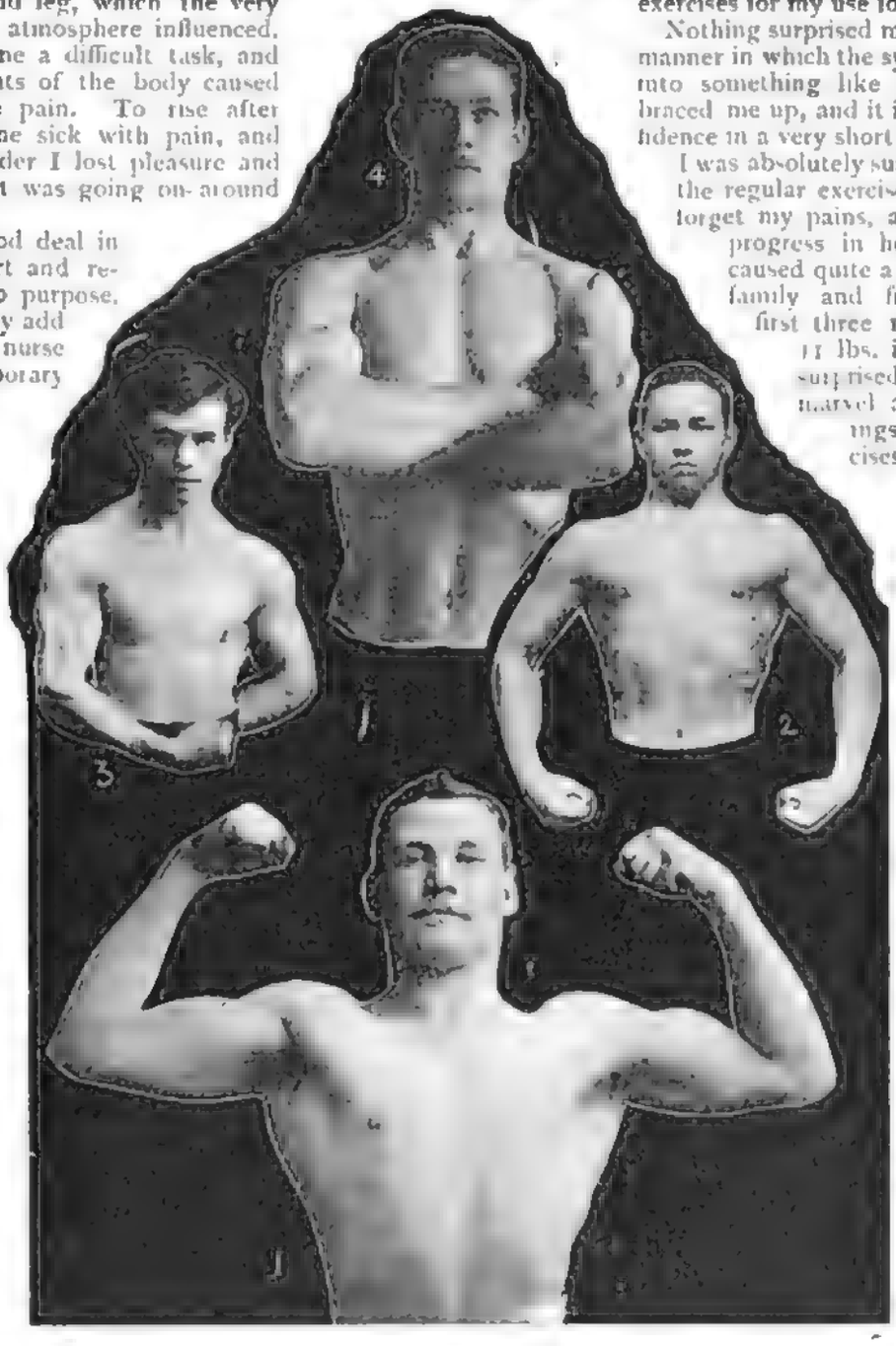
A friend of mine, then out of town, was undergoing a course of your curative treatment, and spoke of its benefits; but I didn't quite take in his idea, and put it down to some fad or other. However, I had a serious talk that meant business for me. I took home "Strength, and How to Obtain It." The book simply fascinated me, that I felt convinced something could be done for my case, and remembered what my friend had so kindly told me. I at once desired to grasp this opportunity and give it a careful trial, which has brought me back to life (so to speak) again. He persuaded me to take SANDOW'S MAGAZINE of Physical Culture, in which I should pick up some tips for personal application.

Armed with a good resolution I started, with moderate care at first, and thought out some exercises for my use for legs and hips.

Nothing surprised me more than the manner in which the system pulled me into something like form, which so braced me up, and it inspired my confidence in a very short time.

I was absolutely surprised how soon the regular exercises helped me to forget my pains, and the splendid progress in health and spirits caused quite a sensation to my family and friends. In the first three months I gained 11 lbs. in weight, which surprised and made me marvel at such happenings. The exercises, taken regularly, combined with a strict attention to cleanliness after exercising, by a cold bath or sponge down, is certainly the greatest secret to health and bodily strength.

A. B. SPINKS.



1. LCE.-CORP. A. CALNE, Duke of E. Regt.
2. N. H. ALVES, Hong Kong.
3. W. MCAULIFFE Long Eaton.
4. W. INCHLEY, Grantham.

His Strength Doubled.

Leytonstone.

SIR,—Since reading your magazine and working with the Grip bells, my chest measurement has gone up from 33½ ins. to 40¾ ins. in two years. When I say I am only 18, and stand 6-ft. 1-in., you can judge how I had outgrown my strength, which, thanks to your hints, has returned to me doubled. I am an enthusiastic road-racing cyclist, believing it to be more healthful and beneficial than path racing, and take a deep interest in wrestling and boxing.

M. H. YOUNG.

Swimmers for England.

This season the contests for the King's cup are likely to be more cosmopolitan than ever before. The German, Austrian, French, American (C. M. Daniels), and Australian (Cecil Healy) champions have entered. The last-mentioned arrived at Tilbury recently, on the P. and O. liner *Caledonia*.

West Indians Coming.

The West Indian cricket team, which is to tour England during the present season, is at present on its way from Barbados.

The team is composed as follows: L. Constantine, G. C. Learmond, Sydney Smith, H. B. G. Austin, C. K. Bancroft, G. Challenor, P. Goodman, J. E. Parker, R. Ollivierre, C. S. Morrison, Dr. J. E. Cameron, W. Hoad, Cumberbatch, Layne, and Burton. It is very rich in bowling—rich, that is to say, numerically; but a little more variety of attack would not be out of place. Burton, Cumberbatch, R. Ollivierre, Morrison, Constantine, Layne, and Goodman are all fast medium right-hand bowlers. S. Smith is medium left, whilst Parker and Hoad are slow right-hand.

The batting is very strong. Constantine, Learmond, Goodman, Austin, and Cameron (who is now at Edinburgh University) are all dependable. The others undoubtedly are excellent bats, and are just as likely to make runs as not. Burton and Morrison are free hitters.

Taken altogether, the team is promising, and should give a good account of itself.

New Zealand Next.

The Secretary of the Melbourne Cricket Club has telegraphed to the New Zealand Cricket Council asking what terms the Council is prepared to give for a fifty days' tour of an English team in New Zealand.

Tennis Champion's Accident.

It is now difficult to say whether Mr. Beals C. Wright, the famous American lawn tennis champion, will be able to take his place at Wimbledon this year in the international tennis games against the Doherty brothers. He met with an extraordinary accident while attempting to open a soda-water bottle at his training quarters, the Crescent Club, Brooklyn, where he has been preparing for his forthcoming visit to England to represent America in the international competition for the Davis Challenge Cup.

Failing to uncork the bottle, he tried to push the cork into the bottle with the handle of a toothbrush, which resulted in breaking the neck of the bottle and badly cutting his right hand, which bled profusely. Mr. Wright dropped the bottle, and the loss of blood caused him to fall in a faint upon the broken glass, a piece of which inflicted a severe gash just above the eye.

Mr. Wright's injuries were so serious that a special steamboat was obtained to convey him to New York, where he was placed in hospital.

Arsenal Lose Templeton.

English football has lost an artist—Templeton has left Woolwich Arsenal for the Celtic F.C., who play in the land of admittedly unlimited wages. This outside left-forward was a man of wondrous skill, which he combined with a speed that placed opposing defenders in dread of him. They knew not what to expect, and were usually led to expect that which was not forthcoming. The centre from the touch-line, made with the accuracy of a five-yard pass, was as bewildering to them as his bird-like swerve into the goal-mouth and subsequent shot.

I have seen, writes "Corinthian" in the *Daily Chronicle*, Templeton keep opponents within two yards of the ball for bordering on half a minute (a long time), and not give them a chance of touching it. He had the sprightliness of a *premiere danseuse*, and though he was ever a mark for unkindly actions on the part of opponents, his remarkable alertness and agility seldom failed to save him. He would shoot from a thirty yards' range with great strength and accuracy. He would beat any two ordinary opponents and engineer an opening for a colleague.

All this was simplicity itself to Templeton, but, like Mrs. Gamp, he only did it when he was "so dispoged," and it was very, very seldom that he was so disposed.

Poor ventilation is accountable for much ugliness, and in children deformity. Fresh air and sunshine are as essential to a human being as they are to a plant.

Eight hours' sleep is absolutely required to rest the brain, and a ten minutes' nap twice a day will do much toward warding off wrinkles and keeping the face youthful.

ARTICLETTES.

Fruit *v.* Alcohol.

The more fruit you eat, the less alcohol you crave. Such is the latest scientific theory.

In the first place, the amount of water in fruit is considerable. In water melons it is no less than 95 per cent., in grapes 80 per cent., in oranges 86 per cent., in lemons 90 per cent., in peaches 88 per cent., in apples 82 per cent., in pears 84 per cent., in plums 80 per cent., and in strawberries 90 per cent., not a fruit in the whole category containing less than 80 per cent.

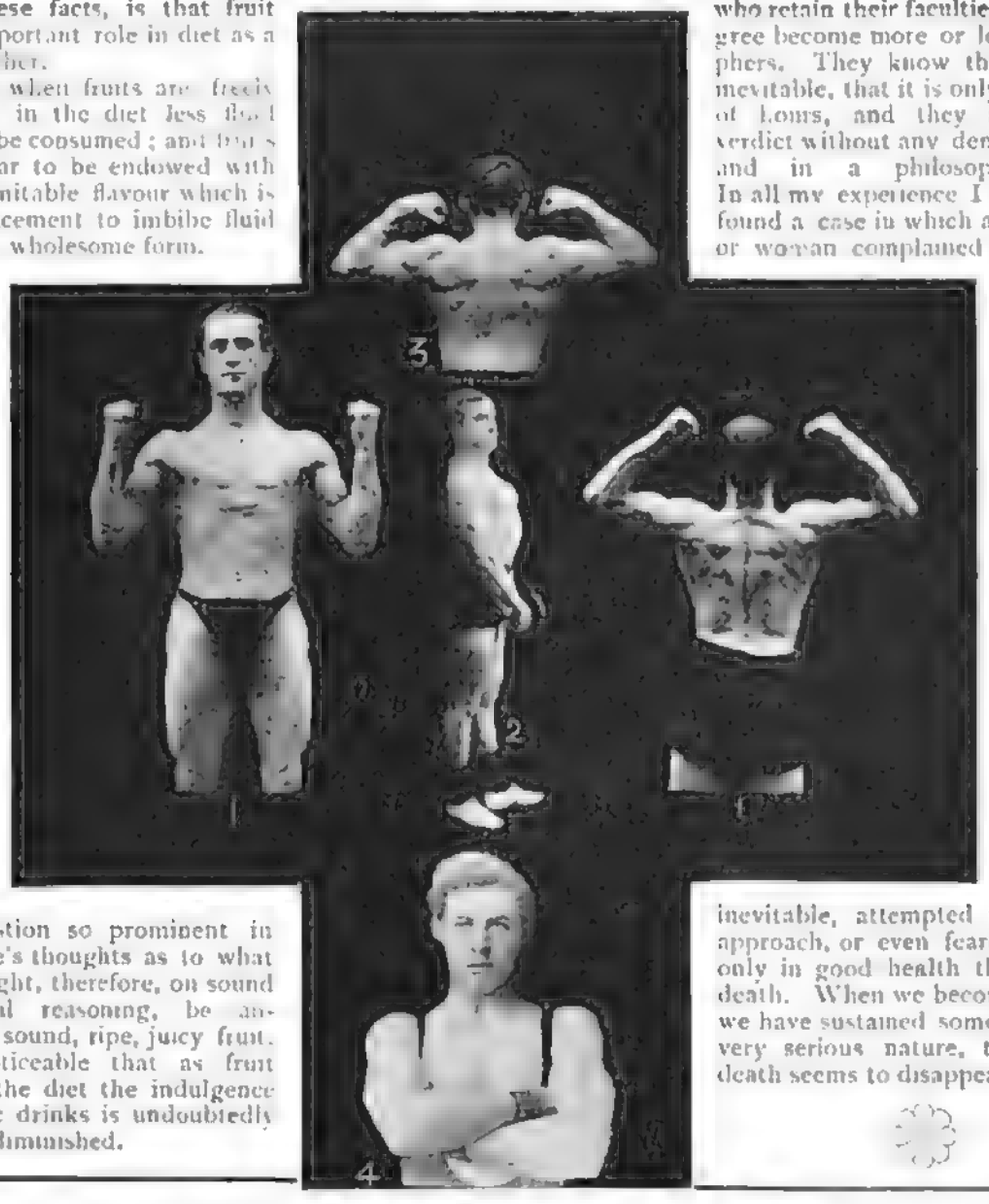
The irresistible conclusion, considering these facts, is that fruit plays an important role in diet as a thirst-quencher.

Certainly when fruits are freely represented in the diet less fluid requires to be consumed; and fruits would appear to be endowed with a subtle inimitable flavour which is ample inducement to imbibe fluid in this most wholesome form.

The question so prominent in most people's thoughts as to what to drink might, therefore, on sound physiological reasoning, be answered, eat sound, ripe, juicy fruit.

It is noticeable that as fruit enters into the diet the indulgence in alcoholic drinks is undoubtedly very much diminished.

January Competition.



The Ease with which Men Die.

Dr. Andrews, who has seen 2,000 deaths, says: I have found that persons of clean life, of honourable, upright, religious character, not only do not display an indifference to the approach of death as those of grosser life do, but welcome it as a relief from care and toil. There is something about the approach of death that reconciles men to it. The senses are dulled, the perceptive faculties are blunted, and the end comes quietly, painlessly, like a gentle sleep. In this condition, I mean on the approach of death, those who retain their faculties to any degree become more or less philosophers. They know that death is inevitable, that it is only a question of hours, and they accept the verdict without any demonstration, and in a philosophical way. In all my experience I have never found a case in which a dying man or woman complained against the inevitable, attempted to fight its approach, or even feared it. It is only in good health that we fear death. When we become ill, when we have sustained some injury of a very serious nature, the fear of death seems to disappear.

The above are the winners of the January competition, but, unfortunately, owing to a clerical error, their names and addresses have disappeared. If the winners on recognising their photo, will kindly again send along their names and addresses, the medals shall be duly forwarded.—THE EDITOR.

AN AGE THAT CRAVES A STIMULANT.

The Terrible Prevalence of the Tobacco and other Habits of Self-Stimulation.

WE live in an age of intense mental activity, an age when the mind consumes the physical forces—the source of its own sustenance. Hence the craving so pronounced to-day for the use of stimulants.

Tobacco is set down as a narcotic, and is, when medicinally used, but when its use becomes a habit, particularly in smoking, its effect is the opposite—very often inducing wakefulness to the extent of insanity. It is used, as everyone knows, almost entirely in smoking and chewing. One man will smoke and another chew, as a matter of choice—the choice made being always subjected to an instinctive desire of the mind. Smoking is preferred by those who are mentally active, and chiefly by those who have more mental activity than mental capacity. Large, clear minds are seldom in need of a stimulant—they are masters of thought and of work without it.

Chewing is preferred by those who have sluggish digestive organs and slow mental action.

Mental activity, says P. T. Meldon in *The Medical Brief*, is everywhere on the increase, and so is smoking—the former desires the latter. The stronger the nervous tension and mental endurance the stronger the tobacco and the greater the quantity required for the smoker. The Irish are the only race of people strictly specialised in their use of tobacco; they are smokers.

OTHER NATIONALITIES SMOKE

it and chew it, and some of them use it as snuff.

Tobacco, reduced to the form of smoke, is most readily absorbed by the brain, and in that form it affords its best and quickest stimulant; it is readily diffused throughout the entire nervous system, but its effect is woefully bad. It always tends towards shattering the nerves, and never fails to irritate a nervous disorder of any kind; it acts severely on the heart, and very often terminates fatally. It weakens the cardia muscle, impairs the circulation and causes the lungs to congest; the result is a low, hacking cough, and, even in very hot weather, waves of cool sensations are felt passing up and down the spine, particularly between the shoulder-blades. The shoulders incline forward; the step becomes weak, unsteady, and the heels trudge and scratch the ground.

The cigar or pipe is the safest way to smoke tobacco; the smoke from either one is too strong to inhale and send direct to the brain. It must first be brought in contact with moist glands that somewhat refine the smoke. Those glands absorb, dissolve, and eliminate a certain per cent. of the nicotine.

THE CIGARETTE

is the most deadly way that tobacco can be used. It affords a comparatively light, fresh smoke, that can be endured while drawing it into the lungs and forcing it out through the nostrils. The smoke of the cigarette, containing all of its raw and irritating nicotine, is then sent direct to the vital tissues of the lungs and brain—the result being a weakened heart, impoverished blood, nervous irritability, imbecility, or a certain form of the insanities.

Only recently the writer met with a man who had been an inveterate cigarette smoker for years. He was suddenly taken with a dull pain in his left ear. This was soon followed by a copious discharge of a lymphoid tenacious fluid that had the ill-fetor of tobacco in remarkable concentration. The discharge left that ear permanently deaf; and the only reasonable conclusion reached was that the auditory sac had for a long time absorbed the nicotine, while its irritating effect diseased the wall of the sac and caused it to burst.

Tobacco will aid the digestion when its use is commenced for that purpose, but it will impair the digestive organs when its use is commenced while they are in a healthy, or normal, condition. Chewing has by far the strongest effect on the digestion, and yet smoking is best adapted to the case of some individuals.

FINLANDERS ARE KNOWN

to scrape the granulated nicotine from the wall of pipes and not only chew it but actually swallow it; some of them even crave for such a deadly poison. One should expect its effect to be deadly, and yet it merely stimulates in them a sluggish digestion and an appetite that is more than the ordinary.

It is generally supposed that tobacco remains in the system for years after its use is discontinued. That, on account of its solubility, might be questioned. But, then, the appetite that it cultivates and its ill-effect on the nervous system usually perseveres for years.

Coffee and the smoking of tobacco have about the same effect on the nervous system, except that a long-continued use of the former so often ultimately impairs the digestion.

Alcoholic liquors afford the most rapid and direct stimulant that the mind can risk to continue, as men continue stimulants through time. Its fluidic, gaseous, and aromatic properties adapt it to instant absorption. It deeply impresses the vital tissues, softens their texture, and in a short time brings down the whole structure in a mass of ruins. Its remarkable gaseous nature suffocates the mind, or suspends its influence over the body and leaves its victim in a helpless condition. This is technically called "drunk" when the case is a man and "paralysed" when the case is a woman.

A Good Back Development.

What Disease Is.

Disease appears to be an obstructed or congested circulation in one particular organ or in a combination of organs, arising, as a rule, from extraneous matter opposed to the law of vitality, which is, either the retention in the system of worn-out animal tissue, the absorption of noxious effluvia held in solution by the aqueous state of the atmosphere; noxious particles contained in adulterated food and beverage, deficient nutrition, imperfect ventilation in dwelling-houses, workshops, etc., a want of personal cleanliness, constitutional taint, or predisposition inherited by the offspring from the parent. These certainly are some of the causes which interrupt the entire equilibrium of free circulation (denominated health) of all the internal viscera and tissues of which the body is comprised, and carry thousands of human beings off the stage of life prematurely.

Woman's Change.

A man admires nothing more in a woman than helplessness; he thinks it, like patience, a sign of womanliness; and womanliness is the one quality he can never resist. Now, the helpless female is rapidly becoming extinct—golf and tennis and hockey, hunting, fencing, and Sandow have killed her. With the development of her muscular powers it would seem that she is losing a great deal of her influence over man.—*Ladies' Field.*

SPEEDOMANIA.

The Intoxication of Fast Travelling.

THE mania for motor speed is evidently as powerful as the craving for drink. Writing on the subject in the *Daily News*, Mr. J. Page Hopps says:—

"Earl Russell asks, 'Do you believe that people who own motor-cars think it sportsmanlike to run down anybody?' No. What we complain of is that they don't seem to think at all. Their malady appears to prevent thought—even thought of rational enjoyment. In the country, what rational enjoyment is there in crashing through beautiful scenery, with thick veils and goggles on? In town, what is there that is 'sportsmanlike' in dashing along crowded streets, in and out, zigzag, to the terror and peril of everyone who wants to cross the road? The cost to nerves and limb and life is far too great. No; this speed mania is a disease, and it must be cured."

In the light of this contention, it is interesting to read the following characteristic American comment on a particular phase of the question: "Never, probably," says the writer, "has the possession of a motor-car wrought a more striking change in its owner than that which has lately been apparent in the noble Earl of Portsmouth. Ever since he came out of Oxford his lordship has been known as that rare thing—a peer with evangelical tendencies. Imbued also with certain socialistic leanings, sport of any kind seemed completely out of his line, and if there was one law-abiding citizen in the land it certainly was he.

"Just how the Earl came to acquire a motor-car has not developed, but it seems to have turned Jekyll into Hyde so far as he is concerned. For all of a sudden the Earl has become no end of a 'scorcher,' and to talk to him about the police is like waving a red flag at a bull.

POSTED A WARNING.

"He got himself into the papers the other day by posting up a warning to other motorists near a well-known 'police trap' on the borders of his Hurstbourne Park estate, and he is one of the leading spirits of the newly-formed Automobile Association, whose avowed mission it is to fight the rural authorities who prosecute car owners. Other distinguished members of the association are Sir Conan Doyle, who has twice been mulcted in heavy fines, and the Hon. Stephen Coleridge, who recently wrote to the *Times* that, while motoring in the Andover Road, he 'fell among magistrates,' thus paraphrasing the Bible anecdote.

"The Earl of Portsmouth, who is also Viscount Lymington and Baron Wollop, is forty-nine, and one of the richest men in his section of the country—Hampshire. His estate there comprises 47,000 acres, and besides Hurstbourne Park House, he has a big town mansion in Westminster and another country residence in North Devonshire. One of his ancestors was vice-treasurer of Ireland, under Elizabeth, and another sat to try Charles I., but declined to sign the monarch's death warrant.

LIKE HIS FATHER.

"Now that the Earl has caught the motoring craze, he reminds one more of his father, the late Earl, who was famous as a dare-devil huntsman, and owned the finest pack of hounds in Hampshire. Even in his carriage he always drove at break-neck speed. In London he was the terror of the cabbies, who could never go fast enough to suit him. One day, however, the Earl met a jehu who was rather more than his match. He was driving down Piccadilly in a hansom when the street became badly blocked. The cab stopped, whereupon the nobleman became wrathy and demanded to be hurried forward at once. The driver pointed out that the street was impassable. 'Rubbish, man, clear the road!' cried his lordship. 'I'm the Earl of Portsmouth!' 'It's no good, sir,' returned the cabbie, 'you may be Lord Portsmouth in the country, but you ain't Lord Almighty up here.'"

ALL ROOSEVELTS GOOD ATHLETES

Son, Cousins and a Nephew of President Roosevelt win Honours.

VIGOROUS athleticism appears to be a leading characteristic of all the members of the family of President Roosevelt. They take naturally to the strenuous life of the man who delights in adventure that promises danger, and nearly all of them seem to be endowed by Nature with the physical qualities necessary to the attainment of distinction in the rougher form of sports. They appear to be endowed with the same traits of daring that impels the president to hunt the most formidable of wild animals and to risk his life at the bottom of the sea in a submarine boat.

Several relatives of the President have recently come into prominence in various forms of athletic prowess. Among those who have brought themselves to the attention of the public by reason of their athletic prowess is Theodore Roosevelt Pell, a cousin of the president. Young Pell is a giant, towering 6 ft. 2 in., and weighing 190 pounds. He is a vigorous fellow, absolutely fearless, and an ideal athlete. While at Columbia University, he made quite a reputation as a broad jumper, and also competed in the pedestrian events. Later on he took to tennis, and has achieved considerable success. While he has not as yet broken any records, still he is always ready for a contest, and is an enthusiastic performer in any branch of athletics he engages in.

G. E. Roosevelt, a nephew of the President and a Harvard freshman, is another gigantic athlete of that family. He stands 6 ft. 2½ in. tall, and tips the beam at 180 pounds. He has been a high jumper of some ability, having won that event in the inter-scholastic championships of New England on Soldiers' field with the excellent performance of 5 ft. 10½ in. He is also a baseball player of skill, and is a candidate for the freshman team. He is still a youngster, and promises to develop into one of the best athletes in college.

Theodore Roosevelt, Junr., son of the President, while rather frail from a physical point of view, still has the spirit that animates the members of the family, and possesses a desire to compete in rough sports that probably was inherited. He selected the very roughest of all games and became a member of the Harvard freshman football team. He also played in the games of the eleven, and was conspicuous for courage and judgment.

In one of the hardest games of the season young Roosevelt was knocked out during a scrimmage, but was determined to resume play when he regained consciousness. His team-mates had difficulty in persuading him to retire to the dressing room and permit a substitute to take his place in the line. Young Roosevelt lacks the weight necessary to enable him to take part in such heavy games as football, but he certainly has the spirit and the determination.

Andre Roosevelt, a cousin of the President, has already been referred to. He is a member of the Missouri Athletic Club of St. Louis, and is also one of the big men of the family. He is 6 ft. tall and weighs 190 pounds. At the present time he is in New York, representing his club in the swimming championships at the New York A.C., and he has the reputation of being a fine performer in the water. He goes in for all-round athletics, being a fencer, football player, and a discus thrower of unusual ability. He was sent to England to finish his education, and naturally took to Rugby football, which he played assiduously. After the death of his father he returned to America and settled in Texas, where he devoted a great deal of time to the hunting of big game. He is one of the backs on the Missouri A.C. water polo team, and is regarded as a formidable performer.

Questions and Answers

— AND —

Hints from Sandow.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here.*

Heart Weakness.

F. J. R. (No Address) wants to know how to make a weak heart strong.

Answer: It is difficult to advise you, as you do not give any indication of the extent of your heart affection. If severe, you need to be very careful indeed. If you are not cognisant of the exact degree of your heart weakness, you should consult your medical man, with a view to learning if it is too weak to permit of your carrying out and thus benefiting by a course of self-directed exercises based on the movements of my system. If you could attend a Sandow Institute, in London or Liverpool, you would do well to have a consultation, or you could avail yourself of the postal instruction as detailed in an advertisement page.

Massage for Strains.

CALEDON (ABERDEEN) writes: As I have a bad sprain over the stomach, I read with interest your article on "Easy Home Massage Movements" in your issue of 28th December. You make mention of stroking the skin in the direction of the underlying muscle. I am rubbing in a lotion morning and evening. Do you think fifteen minutes too long to rub?

Answer: So long a time should not be necessary, especially if you use the Sandow Embrocation, particulars of which you will see advertised in this issue, and with which you would receive a 32-page photo. illustrated book, showing the correct method of application for each of its many purposes. I have received splendid testimonials from hundreds of Readers as to its really marvellous efficacy in strains and aches and pains. Replying to your P.S., I have no School of Physical Culture in Glasgow.

The Gold Medal Photo. Competition.

R. CHRISTIE (BELFAST) writes that Ernest Walton (Gold Medallist), having previously won a prize in competition at Regent Street Polytechnic, he does not see that he was qualified to enter the SANDOW MAGAZINE Gold Medal Photo. Competition, under terms of Rule 6.

Answer: I am altering Rule to read: "No winner in a previous SANDOW MAGAZINE Gold Medal Photo. Competition is eligible," as this is the intended purport. I am glad you have brought this matter forward, especially if, as before worded, it has had the effect of barring you and other Readers out of the competition.

Worms.

F. A. (NEWCASTLE) writes: I am troubled with worms. My doctor can't give me anything. He says he can't tell what kind of worms they are, although a few years back I passed an ordinary field worm. I have been on with your Developer for about a year, but have received no benefit from it as regards curing me. I am pale and bloodless. Could you please suggest a cure?

Answer: You must not expect to recover from such a condition as you report in a short time. You would, of course, do much better if you took a course of curative treatment (see advt.), in connection with which you would receive fully detailed advice over an extended period, and varied from time to time as your condition improved. You need, for instance, to avoid rich, worm-feeding foods. To increase your strength take Plasmon with your food. You should drink plentifully of water between meals.

Readers Requiring

Immediate answers by post should send full personal particulars to following address, where special attention is given to cases requiring special advice.

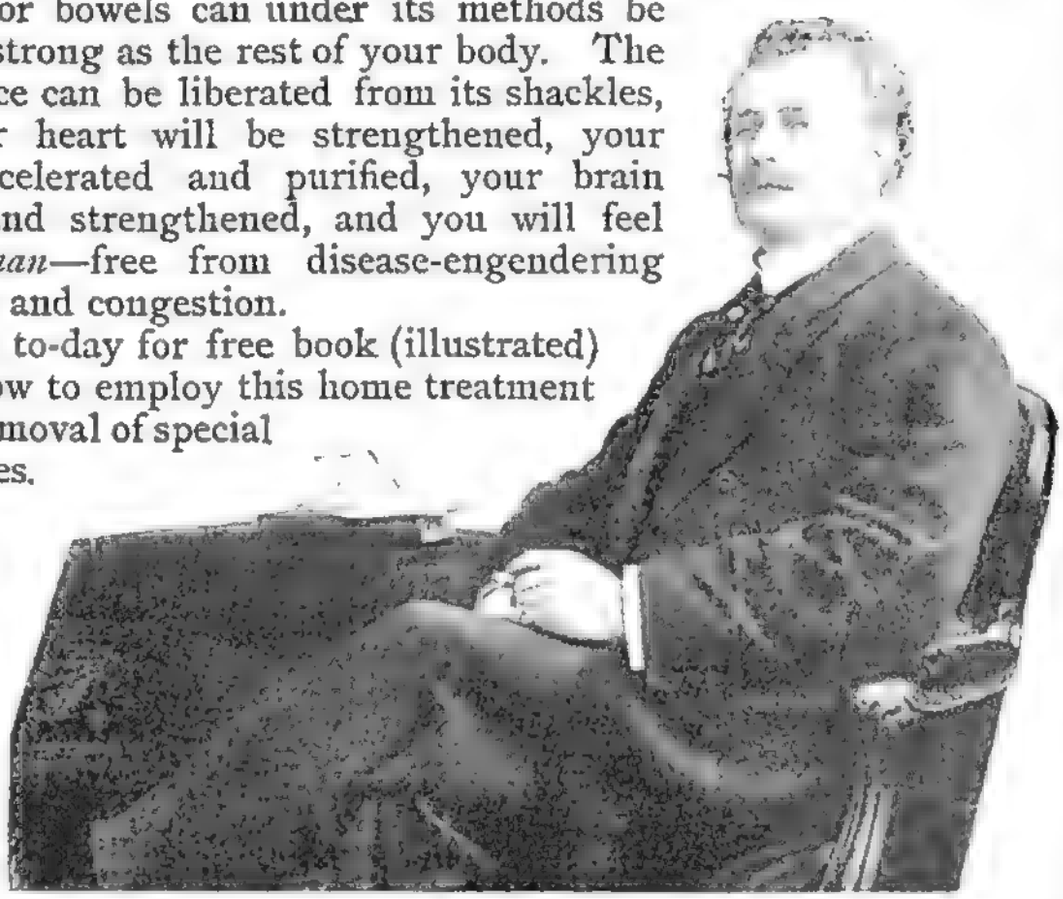
This notice is specially intended for the guidance of those readers who are troubled with indigestion, loss of vigour, and other nervous and functional weaknesses, and who therefore require special direction—direction of a course of treatment that shall—first and foremost—remove such OBSTACLE, or obstacles, to the building up of health and strength.

The Treatment differs entirely from that recommended to those who are not troubled with special weaknesses. Just as in a ship with an unsound part is it necessary to first repair the damage before starting on a long voyage, so is it necessary to repair the weak and damaged parts of the body if the voyage of life is to be a successful one.

The Sandow Home *Curative* Treatment is a *certain* method of repairing bodily weaknesses. The weak stomach or bowels can under its methods be made as strong as the rest of your body. The nerve force can be liberated from its shackles, and your heart will be strengthened, your blood accelerated and purified, your brain cleared and strengthened, and you will feel *a new man*—free from disease-engendering weakness and congestion.

Write to-day for free book (illustrated) telling how to employ this home treatment for the removal of special weaknesses.

Address: EUGEN SANDOW, Dept. S., 17, Basing-hall St., London, E.C.



HOW NOT TO CATCH COLD.

By Dr. CARLETON SIMON.

TO say that you have a cold is to admit that you have been ignorant or careless, or both. It is an admission that you do not know how to care for yourself. The spring of the year is particularly conducive to colds. The weather lays pitfalls for the unwary with its variable temperatures. Few people know much if anything of the proverbial ounce of prevention which is the cure for doctors' bills.

BATHS.

Many serious colds are caught during the bathing hour. While some few people of great vitality may take a cold bath in unheated rooms with impunity, such a practice is dangerous for the average man or woman. The temperature of the bathroom should be normal, or 72 degrees. If the bath or the room be cold enough to give the bather a shock of cold, it is below the danger point. For the great majority of people cold baths in winter are injurious. The cold air is, besides, likely to bring on rheumatism. The bath, which must be hot, should be taken just before retiring. The hot water opens the pores of the skin and is conducive to a long, restorative sleep.

BREATHING.

In cold weather one should always breathe through the nose. By breathing through the mouth a current of cold air is allowed to strike directly against the lungs. It is especially important to observe this rule on going out of doors in the morning from a warm room. On entering the cold air every morning one should take several long, slow breaths, inhaling, of course, through the nose. This serves to dispel any gases which may have accumulated in the lungs during the night.

SHOES, RUBBERS AND GAITERS.

As a rule, any extra covering for the feet or ankles is to be avoided. In winter heavy shoes with thick soles should be worn, stout enough to give the desired protection. Rubbers and gaiters tend to overheat the feet, and when discarded leave one extremely sensitive to the cold. It is especially injurious to wear rubbers continuously. Both rubber overshoes and rubber heels tend to produce nervous disorders, as evidenced in nervous headaches and such troubles. The jar one gets in walking is taken up by the rubber, so the muscles and nerves of the leg do not get sufficient exercise.

CLOTHING.

Our dress is becoming more rational every year. The long overcoats are particularly healthful. The style of wearing the clothes rather loose and the use of heavy cloths is also good. Clothing materials are, besides, made of purer wool and other materials than formerly. In cold weather it is well to always utilise the top button of an overcoat. The use of mufflers and similar protection for the neck should be avoided by people in normal health. One's dress should always conform to the old rule of keeping one's head cool and the feet warm.

SLEEPING.

The sleeping-room should be heated. A room is seldom injurious for being warm. The danger lies in the lack of a proper supply of oxygen. The vitality of the body is lowest between the hours of midnight and dawn. The greatest number of deaths occur at this period when the general vitality sinks. It is important, therefore, to keep up the temperature during these hours to counteract the natural weakness of the body. The fact that the body is lying down, with all the muscles relaxed, increases the danger of taking cold. Warm sleeping-rooms are especially important in the case of children or very old people.

EATING.

It is especially important to observe all the laws of hygiene in the winter term. Meals should be eaten regularly. It is dangerous to expose oneself to the cold air with an empty stomach. One should never allow himself to become exhausted for lack of food when the body is called upon to resist cold.

Our Readers' Library.

Any of these Books can be obtained direct and by return post from Our Readers' Library Department, Sandow's Magazine, 131, Temple Chambers, E.C.

The Evolution of Sex.

By Profs. PATRICK GEDDES and J. A. THOMPSON. With 92 illustrations. Fourth and Revised Edition. 6s., postage 4d. extra.

"The authors have brought to the task—as indeed their names guarantee—a wealth of knowledge, a lucid and attractive method of treatment, and a rich vein of picturesque language."

Hypnotism.

By DR. ALBERT MOLL. Fifth Edition, Revised and Enlarged. 3s. 6d., postage 3d. extra.

"Marks a step of some importance in the study of some difficult physiological and psychological problems which have not yet received much attention in the scientific world of England."—*Nature.*

Public Health.

By DR. J. F. J. SYKES. With numerous illustrations. 3s. 6d., postage 3d. extra.

"Not by any means a mere compilation or a dry record of details and statistics, but it takes up essential points in evolution, environment, prophylaxis, and sanitation bearing upon the preservation of public health."

The Natural History of Digestion.

By A. LOCKHART GILLESPIE, M.D., F.R.C.P. ED., F.R.S. ED. With a large number of illustrations and diagrams. 6s., postage 4d. extra.

"Dr. Gillespie's work is one that has been greatly needed. No comprehensive collation of this kind exists in recent English literature. All the important work that has appeared within the past few years is discussed so far as the limits of the book allow of discussion, and extremely little of value has been omitted. Not least interesting are the accounts of the author's own original work."

Degeneracy: Its Causes, Signs and Results.

By Professor EUGENE S. TALBOT, M.D., Chicago. With Illustrations. 6s., postage 4d. extra.

"The author is bold, original, and suggestive, and his work is a contribution of real and indeed great value, more so, on the whole, than anything that has yet appeared in this country."

The Child: A Study in the Evolution of Man.

By DR. ALEXANDER FRANCIS CHAMBERLAIN, M.A., Ph.D., Lecturer on Anthropology in Clark University, Worcester, Mass. With illustrations. 6s., postage 4d. extra.

"The work contains much curious information, and should be studied by those who have to do with children."

Physiognomy and Expression.

By P. MANTEGAZZA. Illustrated. Second Edition. 3s. 6d., postage 3d. extra.

"Brings this highly interesting subject even with the latest researches. . . . Professor Mantegazza is a writer full of life and spirit, and the natural attractiveness of his subject is not destroyed by his scientific handling of it."

Evolution and Disease.

By J. B. SUTTON, F.R.C.S. With 135 illustrations. 3s. 6d., postage 3d. extra.

"The book is as interesting as a novel, without sacrifice of accuracy or system, and is calculated to give an appreciation of the fundamentals of pathology to the lay reader, while forming a useful collection of illustrations of disease for medical reference."

Man and Woman.

By HAVELOCK ELLIS. Illustrated. Fourth Edition, Revised and Enlarged. 6s., postage 4d. extra.

"Mr. Havelock Ellis belongs, in some measure, to the Continental school of anthropologists; but while equally methodical in the collection of facts, he is far more cautious in the invention of theories, and he has the further distinction of being not only able to think, but able to write. His book is a sane and impartial consideration, from a psychological and anthropological point of view, of a subject which is certainly of primary interest."

The Races of Man: A Sketch of Ethnography and Anthropology.

By J. DENIKER. With 178 illustrations. 6s., postage 4d. extra.

"Dr. Deniker has achieved a success which is well-nigh phenomenal. . . . The well-chosen and carefully-executed illustrations greatly enhance the value of the work, which we do not hesitate to pronounce the best small treatise on its subject which has appeared of recent years in our language."

Sleep: Its Physiology, Hygiene, and Psychology.

By MARIE DE MANACEINE (St. Petersburg). Illustrated. 3s. 6d., postage 3d. extra.

"The book is a complete and wonderfully interesting exposition, and as such ought to receive a hearty welcome."

The New Psychology.

By E. W. SCRIPTURE, Ph.D. (Leipzig). With 124 illustrations, 6s., postage 4d. extra.

"We have at present no work in English which gives in so compact a form so comprehensive a view of the subject."

Digitized by Google

Memory By—— "DATAS."

A simple system of memory training. Fully describes the methods used by "Datas" to obtain the marvellous memory which has astonished audiences throughout the United Kingdom for the last two years. Interesting and instructive. Price 1s. 2d., post free. *Apply* **Sandow Magazine,** 131 Temple Chambers, London, E.C.

LEARN TO SWIM ! !

You never know when it may be useful.——

WITH **WATER WINGS**

The aid of a teacher is unnecessary; one cannot sink when wearing them

Easily adjusted,
Made of High-Grade Rubber.

NO SWIMMING OUTFIT COMPLETE WITHOUT THEM.

PRICE 2/6 POST FREE.

Apply SANDOW'S MAGAZINE Co., 131 Temple Chambers, London, E.C.

WOODEN DUMB-BELLS Made of best hard birch Polished, most suitable for Light Exercises or Schools.

½ lb. per pair, 10d. per pair; 1 lb. per pair, 1/3; 2 lb. per pair, 1/9, postage extra. Special quotation to Gymnasiums and Schools.

IRON DUMB-BELLS Made on approved models, well balanced and finished, 2d. per lb., postage extra.

SANDOW'S MAGAZINE CO., 131, Temple Chambers, LONDON, E.C.

Amusements.

THEATRES.

ADELPHI—At 8.30, "The Lonely Millionaires." Mat. Wed. and Sat. at 2.30.

APOLLO—At 8, "The Dairymaids." Mat. Wed. at 2.

ALDWYCH—At 8, "The Beauty of Bath." Mat. Sat. at 2.

COURT—At 8.15, "Captain Brassbound's Conversion." Mat. Wed. at 2.30.

CRITERION—At 9.15, "The Whirlwind." Mat. Sat. at 2.30.

WYNDHAM'S—At 8.15, "The Girl behind the Counter." Mat. Wed. at 2.15.

WALDORF—At 8.30, "Shore Acres." Mat. Wed. and Sat. at 2.30.

DUKE OF YORK'S—At 8.20, "The Lion and the Mouse."

DALY'S—At 8.30, "The Little Michus." Mat. Sat. at 2.30.

GAIETY—At 8, "The Spring Chicken." Mat. Sat. at 2.

GARRICK—At 8.30, "The Fascinating Mr. Vanderveldt." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—At 8, "Col. Newcombe." Mat. Wed. at 2.15.

HAYMARKET—At 8.30, "The man from Blankley's." Mat. Wed and Sat. at 2.30.

LYRIC—At 8.30, "Brigadier Gerard." Mat. Wed. and Sat. at 2.30.

NEW—At 8.15, "Dorothy o' the Hall." Mat. Wed. and Sat. at 2.30.

PRINCE OF WALES—At 8, "A Girl on the Stage." Mat. Wed. at 2.15.

VARIETY THEATRES.

ALHAMBRA—At 7.45 "Parisiana" and Varieties.

COLISEUM—At 3, 6, & 9, "The Coliseum Revue," Tom Murray and Billie Burke.

EMPIRE—At 8, "Venus, 1906," and varieties.

LONDON HIPPODROME—At 2 & 8, "The Flood," and varieties.

LONDON PAVILION—At 7.30. Mat. Sat. at 2.15. La Milo, Ambrose Thorne. Jock Whiteford etc.

OXFORD—At 7.30. Mat. Sat. at 2.30. George Robey, Harry Randall, Clarke and Hamilton.

PALACE—At 7.45. Mat. Sat. at 2. Louis Bradfield, Will Rogers, Eltinge, etc.

TIVOLI—At 7.30. Mat. Sat. at 2.15. George Robey, Victoria Monks, Edith Helena, etc.

Digitized by Google

PHYSICAL CULTURE APPLIANCES,

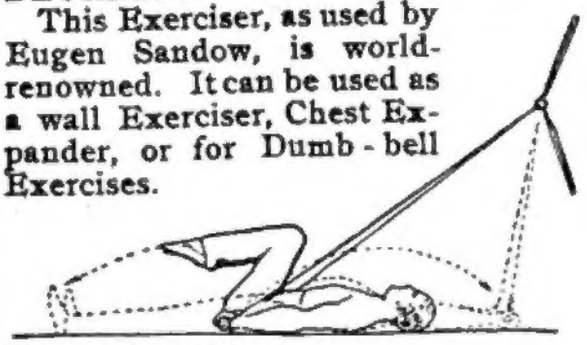
Of BEST QUALITY & VALUE

Can be obtained from Appliances Department,

SANDOW'S MAGAZINE, TEMPLE CHAMBERS, LONDON, E.C.

SANDOW DEVELOPER 12/6
postage 6d. extra.

This Exerciser, as used by Eugen Sandow, is world-renowned. It can be used as a wall Exerciser, Chest Expander, or for Dumb-bell Exercises.



PUNCH BALLS.

No finer exercise can be obtained than 10 minutes sharp practice with a good lively PUNCH BALL.

After careful selection we have decided that no better ball can be obtained at the price than the soft leather case with piped seams we are offering at the following prices:—

28in. **10/6,** 30in. **11/6,** 32in. **12/6,** 34in. **13/6.** POSTAGE 4d. extra.

Each ball is fitted with a pair of springs self-adjusting cords, with patent improved cleats and all necessary hooks.

PUNCHING BALL GLOVES.

Well padded to protect the hands, tan leather, self-closing wrists, **3/-** per pair.

SANDOW SYMMETRION 12/6
postage 6d. extra.

The Ladies' Machine. Invaluable for the promotion of health. Producing a beautiful figure and increasing the strength.

It is not designed to create muscular development but to produce that symmetry of form which is all-important, hence it is called the "Symmetrion."

SANDOW GRIP DUMB-BELLS.

Child's Nickel-plated 2 spring -	**5/-**
Girls' Nickel-plated 3 spring -	**7/6**
Boys' Nickel-plated 4 spring -	**7/6**
Gents' Black Enamel 5 spring	**7/6**
Ladies' Nickel-plated 5 spring	**10/6**
Youths' Nickel-plated 5 spring	**10/6**
Gents' Nickel-plated 7 spring	**12/6**

HAIR FRICTION GLOVES.

Invaluable for use after exercise. Renders the skin healthy, soft and supple. Price **4/6** per pair post free.

MILITARY HAIR BRUSHES.

A good hair brush is a necessity. Brisk brushing removes scurf from the scalp and invigorates the growth of the hair. Pair of good Military brushes, in leather case, **3/6** per pair post free.

SANDOW CONCENTRATED EMBROCATION.

In the manufacture of this Embrocation only the best vegetable materials are used. Being strong it is rapid in its effect. Price **2/9** per tube, post free.

Digitized by Google

Specially introduced at the request of the Medical Faculty.

Fry's MALTED COCOA.

A Combination of FRY'S Pure Cocoa and ALLEN & HANBURYS' Extract of Malt.

THE value of Extract of Malt as a nutritive and restorative agent for delicate and exhausted constitutions is now fully acknowledged by the Profession, the extract being rich in muscle and fat-forming elements. It promotes moreover, in a special and peculiar manner, the solution and digestion of all farinaceous foods, and is therefore a valuable remedy in those diseases which arise from an imperfect assimilation of these substances. The presence of the active and valuable constituents of the Malt, unimpaired and in a concentrated form, is secured in ALLEN & HANBURYS' Extract by a very careful selection of the Malt used, and the greatest attention to the temperatures at which the processes of the mashing and subsequent evaporation *in vacuo* are carried out.

An ordinary portion contains more of the active properties of Malt than a pint of the best ale or porter.

The combination, therefore, of ALLEN & HANBURYS' Extract of Malt with FRY'S Pure Cocoa Extract supplies to invalids and all those possessed of weak digestive powers a delicious, refreshing, and invigorating beverage for breakfast, luncheon or supper.

Both of its constituents being highly concentrated, the MALTED COCOA is economical in use, and possesses highly nutritive properties, and on this account can be recommended with great confidence to the public.

THE OLDEST HOUSE IN THE TRADE. ESTABLISHED 1721.

REDUCED SIZE.

How Embrocation aids Athletes.

Athletes *must* possess sound constitutions, perfect health, and strong supple muscles. Proper diet and systematic exercise will give the two former, **Sandow's Concentrated Embrocation** ensures the last—but not least. The importance of a really efficient Embrocation to Athletes in training is often overlooked and hardly ever used except in the case of a strain or sprain.

This is a great mistake. Embrocation should always be used *before* exercise, as massage with a good Embrocation enables the muscles to do more work with less fatigue; *after* exercise it relieves fatigue and brings comfort to the tired muscles.

Sandow's Concentrated Embrocation

does this, does it effectually and does it always. Regular use of this Embrocation brings and keeps the muscles in perfect condition, relieves muscular stiffness, and heals sprains, strains, bruises, or injured joints.

For **Rheumatism, Sciatica, Lumbago, Neuralgia, Colds, Sore Throat, &c.**, it is an unsurpassed remedy. It has cured Rheumatism of over 14 years' standing.

It is highly concentrated and thus rapid and certain in result. It cannot be spilt, is easily and exactly applied, and waste is impossible. It is convenient to carry, for there is nothing to break.

A 32-page booklet, with photographic illustrations showing the correct method of application for each of its many purposes, is presented with each tube.

Sold by all Chemists, Stores and Athletic Outfitters at 2s. 9d. per tube, or post free on receipt of a Postal Order for this amount direct from—

SANDOW'S EMBROCATION CO., Sandow Hall, Victoria Embankment, London, W.C

Printed by Thomas & Bumchett, Ltd., High Street, Poplar, and Published by the Proprietors, at 131, Temple Chambers, London, E.C.

Digitized by Google